



Recycle After September

HERNDON PROGRAMS & EVENTS GUIDE

From Aquatics To ZUMBA, Our Guide Has Something For Every Age And Every Interest.



SUMMER
2012



www.herndon-va.gov

HOURS & FEES



Herndon Community Center Hours

Summer Hours: June 25-August 24

Monday-Friday6am-9:30pm*

Saturday8am-6pm

Sunday.....11am-6pm

*No admittance after 9:30pm. Building closes at 10pm.

Regular Hours (through June 24)

Monday-Friday6am-9:30pm

Saturday & Sunday7am-6pm

Holiday Hours

Memorial Day, May 288am-8pm

Independence Day, July 411am-6pm

Labor Day, September 3Closed

Parks & Recreation Office Hours

Monday-Friday8:30am-5:30pm

Office Closed – May 28, July 4, September 3

The Community Center will be closed August 25-September 3 for annual cleaning and maintenance. The center will reopen on Tuesday, September 4.

Address

Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

Phone

703-787-7300

Fax
703-318-8652

Hearing Impaired Relay
1-800-828-1120 TDD

Website:

<http://herndon-va.gov>

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Community Center Fees

The discount pass and daily admission fee for the facility include use of the pool, gymnasium (age 12 & older) and the fitness room (age 16 & older), as available, and admission to any regularly scheduled land aerobics class (see class schedule on page 13.)

- Annual and 6-Month Pass Holders are entitled to one free session with a personal trainer. See Fitness Staff for details.
- Annual Pass Holders receive a 10% discount on all classes (except those classes meeting one time).

All admissions and passes are nonrefundable.

Note: Youth are those age 17 & under. Seniors are those age 65 & older. Children under age 2 are admitted free with a paying adult. **Pool use:** Children age 8 & under must be accompanied by an adult. Children age 5 & under must be with a parent in the water.

Gymnasium use: Youth must be age 12 or older. During weekend Youth Open Gym, children ages 8-11 may use the gym when accompanied by a paying adult. **Fitness room use:** Children ages 12-15 must have a Youth Fitness Pass. Ages 12 & 13 must be accompanied by an adult. **Locker room use:** Children age 5 & under are permitted in dressing rooms of opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office.

On weekend mornings until noon, the pool is only open to lap swimmers (age 13 & up) and scheduled group swimming lessons.

Admissions and Passes

*TOH-resident rate requires ID with address for every transaction. All admissions and passes are nonrefundable.

Daily	TOH/NR
Adult	\$6/\$7
Senior	\$5/\$6
Youth	\$5.25/\$5.50

25-Admission Pass

Full Use	\$120/\$166.50
Senior	\$90/\$135
Youth	\$96.25/\$103.25

Monthly 30-Day Pass

Adult	\$52/\$69.50
Adult 2-Person Married	\$81.25/\$108.50
Youth Single	\$47/\$49.50
Senior Single	\$36.50/\$61.25
Senior 2-Person	\$57/\$95.50
Senior 2-Person Sr/Non Sr	\$69.50/\$99
Dependent Youth*	\$13/\$17.25

6-Month Pass¹

Adult – Resident.....	\$259.50/\$346
Adult 2-Person Married	\$408/\$543
Youth Single	\$213/\$305
Senior Single	\$213/\$305
Senior 2-Person Married	\$334/\$477
Senior 2-Person Sr/ Non Sr-Resident.....	\$346.50/\$495
Dependent Youth – Resident* ..	\$64.25/\$85.50

Annual Pass^{1, 2}

Adult	\$465/\$620
Adult 2-Person Married	\$732/\$976
Senior/Youth Single	\$326/\$547
Senior 2-Person Married	\$512/\$859
Senior 2-Person Sr/Non Sr	\$624/\$891
Dependent Youth*	\$116/\$155

*with paid adult pass

¹ One complimentary session with a fitness trainer is included for annual and 6-month pass holders.

² Annual pass holders receive a 10% discount on all classes.



A Nationally Accredited Agency Since 2006
"Herndon is Meeting and Exceeding National Standards in P & R Administration"

2013 Herndon Town Calendar Photography Competition

ArtSpace Herndon and the Council for the Arts of Herndon invite photographers to participate in the 2013 Herndon Town Calendar Photography Competition.

More information and contest rules at www.artspaceherndon.com or www.herndonarts.org





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Mission Statement

“Promoting a sense of community and enriching the quality of life.” The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

Herndon Parks and Recreation Department Sponsors

The following companies are being recognized for supporting our department programs and events.

A special thanks to:

Platinum: Virginia Paving

Silver: TD Bank

Bronze: Gutter Helmet and Northwest Federal Credit Union

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at **703-435-6800 x2104**.

Racquetball, Badminton, Table Tennis & Wallyball

Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

Badminton and Wallyball rentals are two hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one hour sessions.

Prime Time

\$4.50 per hour + racquetball and badminton admission fee per player.
\$4 per session wallyball.

Non-Prime Time

\$2.50 per hour + racquetball and badminton admission fee per player.
\$2 per session wallyball.

Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, May 2 at HCC.
- Registration for all Non-Town of Herndon residents will open at 10am on Tuesday, May 8 at HCC.

Starting on these dates, you will be able to register online, or in person ONLY for the Summer 2012 registration.

Please see “Registration Information” on pages 30 and 31 for more information.

Inclement Weather Policy

Decision on outdoor programs will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Please call the HCC Weather Line for program/class cancellations at **703-435-6866**.

Town of Herndon Town Council

- Steve J. DeBenedittis, Mayor
- Lisa C. Merkel, Vice Mayor
- Connie Haines Hutchinson, Councilmember
- Sheila A. Olem, Councilmember
- Jasbinder Singh, Councilmember
- William B. Tirrell, Councilmember
- Grace Han Wolf, Councilmember
- Arthur A. Anselene, Town Manager

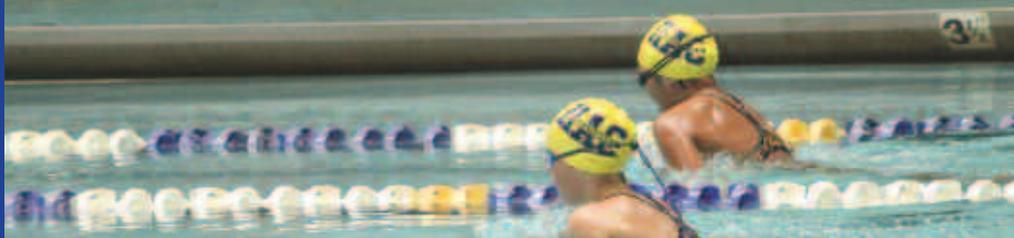
Parks & Recreation Department Staff

- Cindy Roeder, Director
- Ann Marie Heiser, Deputy Director
- Nancy Burke, Administrative Assistant
- Lori Rowland, Office Assistant
- Wayne Fitzgerald, Office Assistant
- Cynthia Hoftiezer, Projects Coordinator
- Jacqui Mathews, Marketing Specialist
- Kerstin Severin, Aquatic Services Manager
- Drew Kreutter, Pool Operations Manager
- Bruce Andersen, Swim Team Coach
- Kevin Breza, Aquatics Program Assistant
- Ron Tillman, Community Center Manager
- Andy Chevalier, Assistant Community Center Manager
- Bob Hilferty, Indoor Tennis Manager
- Nancy Diecidue, Preschool Director

Recreation Services Supervisors

- Margit Campbell, Teens, Sports & Community Events
- Tom Milenkevich, Fitness
- Holly Poppo, Performing Arts
- Ann Skildum, Special Interest, Arts & Crafts
- Dave Zakrzewski, Sports & Community Events

AQUATICS



No classes July 4

Float Night

Fridays 6-9pm
June 15, July 20, August 17
Regular Admission

Seniors can visit the pool
for a reduced rate of \$2 all
day Tuesdays!

The pool is open only to lap
swimmers ages 13 and up and
scheduled swim lessons daily
until noon.

Aquatics Classes Makeup Policy

Classes canceled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the makeup class.

Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate Swim class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Swimming Guidelines

Starfish No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

Seahorse Successful completion of Starfish or ability to:

- Put face in the water 5 seconds
- Blow bubbles
- Assisted front glide w/ kick 6 feet
- Walk in chest deep water
- Float on front and back with assistance 5 seconds
- Roll over front to back with assistance

Otters Successful completion of Seahorse or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water
- Roll over from front to back
- Tread water for 5 seconds with arms and legs
- Swim with arm stroke and kick on front and back 5 yards

Manatees Successful completion of Otter or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with side breathing
- Elementary backstroke 10 yards
- Butterfly kick
- Sitting/kneeling dives
- Tread water for 15 seconds in deep water

Sharks Successful completion of Manatees or ability to:

- Front crawl 20 yards with rotary breathing
- Elementary backstroke 20 yards
- Back crawl 10 yards
- Breaststroke 10 yards
- Butterfly 10 yards
- Tread water for 1 minute in deep water
- Compact and stride dives

Swim 1 No experience necessary but:

- Must be able to participate in group setting

Swim 2 Successful completion of Swim 1 or the ability to:

- Face in water and blow bubbles 5 seconds
- Submerge face and pick up item
- Float on front and back with assistance
- Kick and paddle on front and back using barbells

Swim 3 Successful completion of Swim 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

Swim 4 Successful completion of Swim 3 or the ability to:

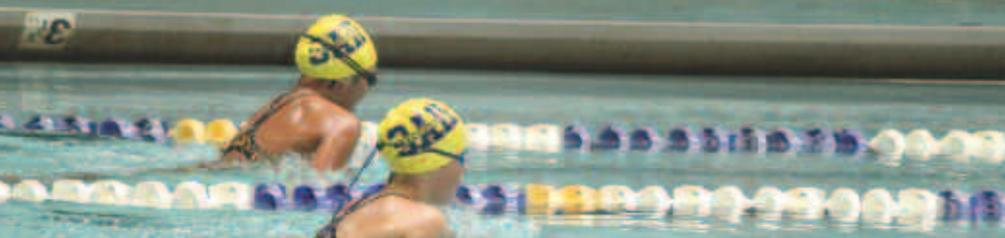
- Front crawl with rotary breathing 15 yards
- Back crawl and elementary backstroke 15 yards
- Jump into deep water and swim 15 yards
- Kneeling dive
- Tread water 30 seconds in deep water
- Scissor kick 10 yards

Swim 5 Successful completion of Swim 4 or the ability to:

- Tread water 2 minutes
- Front crawl 25 yards with rotary breathing
- Back crawl 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards
- Elementary backstroke 25 yards
- Sidestroke 15 yards
- Compact stride dive and open turn

Swim 6 Successful completion of Swim 5 or the ability to:

- Tread water 5 minutes
- Front crawl stroke 50 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Elementary backstroke 50 yards
- Sidestroke 25 yards
- Front and back flip turns
- Long shallow dive, tuck and pike surface dives



AQUATICS

Aquatots Age 6-18 months

Instructor works closely with parent in helping infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

Swim with parent

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1011.101 M-F & M-F 11-11:25am

July 9-19

1011.102 M-F & M-Th 11-11:25am

July 23-August 2

1011.103 M-F & M-Th 11-11:25am

August 6-16

1011.104 M-F & M-Th 11-11:25am

8, 25 minute sessions TOH \$66/NR \$82

June 23-August 11

1011.605 Sa 9-9:25am

Guppies Age 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at legs and waistband.

Swim with parent

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1012.101 M-F & M-F 10:30-10:55am

July 9-19

1012.102 M-F & M-Th 10:30-10:55am

July 23-August 2

1012.103 M-F & M-Th 10:30-10:55am

August 6-16

1012.104 M-F & M-Th 10:30-10:55am

8, 25 minute sessions TOH \$66/NR \$82

June 23-August 11

1012.605 Sa 10-10:25am

1012.606 Sa 10:30-10:55am

June 24-August 12

1012.706 Su 11-11:25am

Minnows Age 3-5

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Guppies, but are hesitant to separate from the parent. Skills that are taught include: breath control, floating on front and back, and kicking.

Swim with parent

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1018.101 M-F & M-F 9:30-9:55am

July 9-19

1018.102 M-F & M-Th 9:30-9:55am

July 23-August 2

1018.103 M-F & M-Th 9:30-9:55am

August 6-16

1018.104 M-F & M-Th 9:30-9:55am

8, 25 minute sessions TOH \$66/NR \$82

June 23-August 11

1018.605 Sa 9:30-9:55am

June 24-August 12

1018.706 Su 11:30-11:55am

Starfish Age 3-6

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. *Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers.*

Child's first water experience without parent

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1013.101 M-F & M-F 9-9:25am

1013.102 M-F & M-F 9:30-9:55am

1013.115 M-F & M-F 10-10:25am

1013.116 M-F & M-F 10:30-10:55am

1013.103 M-F & M-F 11-11:25am

July 9-19

1013.104 M-F & M-Th 9-9:25am

1013.105 M-F & M-Th 9:30-9:55am

1013.117 M-F & M-Th 10-10:25am

1013.106 M-F & M-Th 11-11:25am

July 23-August 2

1013.107 M-F & M-Th 9-9:25am

1013.108 M-F & M-Th 9:30-9:55am

1013.109 M-F & M-Th 11-11:25am

August 6-16

1013.110 M-F & M-Th 9-9:25am

1013.111 M-F & M-Th 9:30-9:55am

1013.112 M-F & M-Th 11-11:25am

8, 25 minute sessions TOH \$66/NR \$82

June 20-July 18

1013.113 M/W 5-5:25pm

July 23-August 15

1013.114 M/W 5-5:25pm

June 26-July 19

1013.215 T/Th 2-2:25pm

1013.216 T/Th 6:30-6:55pm

July 24-August 16

1013.217 T/Th 2-2:25pm

1013.218 T/Th 6:30-6:55pm

June 23-August 11

1013.619 Sa 9-9:25am

1013.620 Sa 11-11:25am

June 24-August 12

1013.720 Su 11-11:25am

1013.721 Su 12-12:25pm

Seahorse Age 3-6

Seahorse students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced.

Previous water experience required

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1014.101 M-F & M-F 9-9:25am

1014.102 M-F & M-F 10:30-10:55am

1014.103 M-F & M-F 11:30-11:55am

July 9-19

1014.104 M-F & M-Th 9-9:25am

1014.105 M-F & M-Th 10:30-10:55am

1014.106 M-F & M-Th 11:30-11:55am

July 23-August 2

1014.107 M-F & M-Th 9-9:25am

1014.108 M-F & M-Th 10:30-10:55am

1014.109 M-F & M-Th 11:30-11:55am

August 6-16

1014.110 M-F & M-Th 9-9:25am

1014.111 M-F & M-Th 10:30-10:55am

1014.112 M-F & M-Th 11:30-11:55am

8, 25 minute sessions TOH \$66/NR \$82

June 20-July 18

1014.113 M/W 6:30-6:55pm

July 23-August 15

1014.114 M/W 6:30-6:55pm

June 26-July 19

1014.215 T/Th 2:30-2:55pm

1014.216 T/Th 6-6:25pm

July 24-August 16

1014.217 T/Th 2:30-2:55pm

1014.218 T/Th 6-6:25pm

June 23-August 11

1014.619 Sa 9:30-9:55am

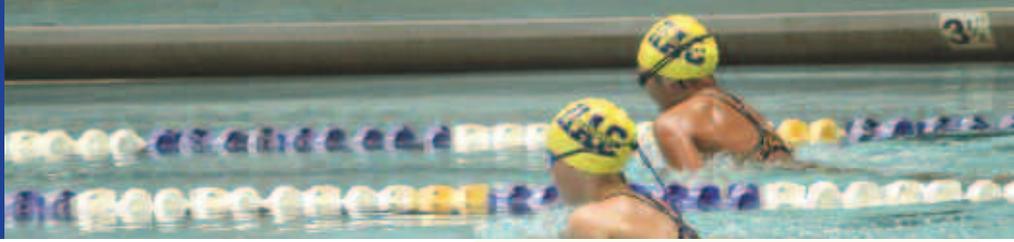
1014.620 Sa 11:30-11:55am

June 24-August 12

1014.720 Su 11:30-11:55am

1014.721 Su 12:30-12:55pm

AQUATICS



Otters Age 4-6

Otter students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water, and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1015.101 M-F & M-F 10-10:25am

July 9-19

1015.102 M-F & M-Th 10-10:25am

July 23-August 2

1015.103 M-F & M-Th 10-10:25am

August 6-16

1015.104 M-F & M-Th 10-10:25am

8, 25 minute sessions TOH \$66/NR \$82

June 20-July 18

1015.105 M/W 6-6:25pm

July 23-August 15

1015.106 M/W 6-6:25pm

June 26-July 19

1015.207 T/Th 3-3:25pm

1015.208 T/Th 5:30-5:55pm

July 24-August 16

1015.209 T/Th 3-3:25pm

1015.210 T/Th 5:30-5:55pm

June 23-August 11

1015.611 Sa 10-10:25am

Manatees Age 4-6

To enroll in this class, students should be able to swim a distance of 15 yards of front crawl with side breathing, and 15 yards of back crawl. The course will focus on coordination of the front crawl with rotary breathing, back crawl, elementary backstroke, breaststroke, butterfly, compact dives and basic water safety instruction.

An advanced course for the preschool swimmer

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1016.101 M-F & M-F 11:30-11:55am

July 9-19

1016.102 M-F & M-Th 11:30-11:55am

July 23-August 2

1016.103 M-F & M-Th 11:30-11:55am

August 6-16

1016.104 M-F & M-Th 11:30-11:55am

8, 25 minute sessions

TOH \$66/NR \$82

June 20-July 18

1016.105 M/W 5:30-5:55pm

July 23-August 15

1016.106 M/W 5:30-5:55pm

June 26-July 19

1016.207 T/Th 3:30-3:55pm

1016.208 T/Th 5-5:25pm

July 24-August 16

1016.209 T/Th 3:30-3:55pm

1016.210 T/Th 5-5:25pm

Sharks Age 4-6

To enroll in this class, students should be able to swim a distance of 20 yards of front crawl with rotary breathing and 20 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

Must have had formal swim instruction! This is the most advanced preschool class offered

9, 25 minute sessions TOH \$74/NR \$92

June 25-July 6

1017.101 M-F & M-F 10:30-10:55am

July 9-19

1017.102 M-F & M-Th 10:30-10:55am

July 23-August 2

1017.103 M-F & M-Th 10:30-10:55am

August 6-16

1017.104 M-F & M-Th 10:30-10:55am

Youth Aquatics

Swim 1 Age 6 & up

This course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

9, 30 minute sessions TOH \$74/NR \$92

June 25-July 6

1021.101 M-F & M-F 9:30-10am

1021.102 M-F & M-F 11-11:30am

July 9-19

1021.103 M-F & M-Th 9:30-10am

1021.104 M-F & M-Th 11-11:30am

July 23-August 2

1021.105 M-F & M-Th 9:30-10am

1021.106 M-F & M-Th 11-11:30am

August 6-16

1021.107 M-F & M-Th 9:30-10am

1021.108 M-F & M-Th 11-11:30am

8, 30 minute sessions

TOH \$66/NR \$82

June 20-July 18

1021.109 M/W 6:30-7pm

July 23-August 15

1021.110 M/W 6:30-7pm

June 26-July 19

1021.211 T/Th 3:30-4pm

1021.212 T/Th 5-5:30pm

July 24-August 16

1021.213 T/Th 3:30-4pm

1021.214 T/Th 5-5:30pm

June 23-August 11

1021.615 Sa 10:30-11am

Swim 2 Age 6 & up

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

9, 30 minute sessions TOH \$74/NR \$92

June 25-July 6

1022.101 M-F & M-F 9:30-10am

1022.112 M-F & M-F 11:30am-12pm

July 9-19

1022.102 M-F & M-Th 9:30-10am

1022.113 M-F & M-Th 11:30am-12pm

July 23-August 2

1022.103 M-F & M-Th 9:30-10am

1022.114 M-F & M-Th 11:30am-12pm

August 6-16

1022.104 M-F & M-Th 9:30-10am

1022.115 M-F & M-Th 11:30am-12pm

8, 30 minute sessions

TOH \$66/NR \$82

June 20-July 18

1022.105 M/W 6-6:30pm

July 23-August 15

1022.106 M/W 6-6:30pm

June 26-July 19

1022.207 T/Th 3-3:30pm

1022.208 T/Th 6:30-7pm

July 24-August 16

1022.209 T/Th 3-3:30pm

1022.210 T/Th 6:30-7pm

June 23-August 11

1022.611 Sa 10-10:30am

Come and play on "Swampson," the floating alligator on Saturdays from 1-4pm, or the slide on Sundays from 1-4pm!



AQUATICS

Swim 3 Age 6 & up

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Butterfly and breaststroke kicks are introduced.

9, 30 minute sessions TOH \$74/NR \$92

June 25-July 6

1023.101 M-F & M-F 9-9:30am
1023.102 M-F & M-F 10-10:30am

July 9-19

1023.103 M-F & M-Th 9-9:30am
1023.104 M-F & M-Th 10-10:30am

July 23-August 2

1023.105 M-F & M-Th 9-9:30am
1023.106 M-F & M-Th 10-10:30am

August 6-16

1023.107 M-F & M-Th 9-9:30am
1023.108 M-F & M-Th 10-10:30am

8, 30 minute sessions TOH \$66/NR \$82

June 20-July 18

1023.109 M/W 5:30-6pm

July 23-August 15

1023.110 M/W 5:30-6pm

June 26-July 19

1023.211 T/Th 2:30-3pm
1023.212 T/Th 6-6:30pm

July 24-August 16

1023.213 T/Th 2:30-3pm
1023.214 T/Th 6-6:30pm

June 23-August 11

1023.615 Sa 9:30-10am

June 24-August 12

1023.716 Su 12-12:30pm

Swim 4 Age 6 & up

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are also introduced.

9, 30 minute sessions TOH \$74/NR \$92

June 25-July 6

1024.101 M-F & M-F 10-10:30am
1024.102 M-F & M-F 10:30-11am

July 9-19

1024.103 M-F & M-Th 10-10:30am
1024.104 M-F & M-Th 10:30-11am

July 23-August 2

1024.105 M-F & M-Th 10-10:30am
1024.106 M-F & M-Th 10:30-11am

August 6-16

1024.107 M-F & M-Th 10-10:30am
1024.108 M-F & M-Th 10:30-11am

8, 30 minute sessions TOH \$66/NR \$82

June 20-July 18

1024.109 M/W 5-5:30pm

July 23-August 15

1024.110 M/W 5-5:30pm

June 26-July 19

1024.211 T/Th 2-2:30pm
1024.212 T/Th 5:30-6pm

July 24-August 16

1024.213 T/Th 2-2:30pm
1024.214 T/Th 5:30-6pm

June 23-August 11

1024.615 Sa 9-9:30am

June 24-August 12

1024.717 Su 12:30-1pm

Swim 5 Age 6 & up

Students refine and coordinate the key strokes learned in previous Swims at increased distances. Front and back flip turns are taught. Deepwater work includes diving, water entries and treading.

9, 45 minute sessions TOH \$110/NR \$137

June 25-July 6

1025.101 M-F & M-F 10-10:45am
1025.107 M-F & M-F 11:30am-12:15pm

July 9-19

1025.102 M-F & M-Th 10-10:45am
1025.108 M-F & M-Th 11:30am-12:15pm

July 23-August 2

1025.103 M-F & M-Th 10-10:45am
1025.109 M-F & M-Th 11:30am-12:15pm

August 6-16

1025.104 M-F & M-Th 10-10:45am
1025.110 M-F & M-Th 11:30am-12:15pm

8, 45 minute sessions TOH \$98/NR \$122

June 23-August 18

1025.605 Sa 8:15-9am

Swim 6 Age 6 & up

Focus is on polishing the strokes previously learned, as well as having the student perform them with greater ease and efficiency. Different dives and deep water rescue skills are taught. Flip turns and open turns for all strokes are refined and developed.

9, 45 minute sessions TOH \$110/NR \$137

June 25-July 6

1026.101 M-F & M-F 10:45-11:30am

July 9-19

1026.102 M-F & M-Th 10:45-11:30am

July 23-August 2

1026.103 M-F & M-Th 10:45-11:30am

August 6-16

1026.104 M-F & M-Th 10:45-11:30am

Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

- Age 8 & under must swim 25 yards freestyle without stopping
- Age 9-12 must swim 50 yards freestyle without stopping

Age 8 & under

8, 45 minute sessions TOH \$90/NR \$114

June 24-August 12

1027.701 Su 1-1:45pm

July 23-August 2

1027.101 M-Th 8-8:45am

August 6-16

1027.102 M-Th 8-8:45am

Age 9-12

June 24-August 12

1027.702 Su 1:45-2:30pm

July 23-August 2

1027.103 M-Th 8:45-9:30am

August 6-16

1027.104 M-Th 8:45-9:30am

Diving Guidelines

Introduction to Diving No previous diving experience necessary but must be able to:

- Be comfortable in deep water
- Swim 25 yards

Diving 1 Successful completion of Introduction to Diving or the ability to:

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from side of pool

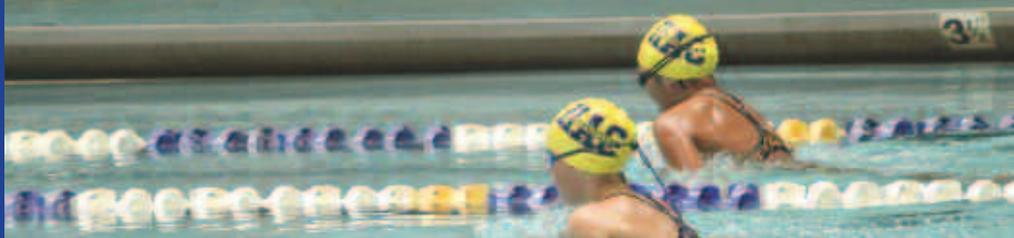
Diving 2 Successful completion of Diving 1 or the ability to:

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

Diving 3 Instructor permission and successful completion of Diving 2 or the ability to:

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission required

AQUATICS



Diving

Introduction to Diving Age 5-12

This class teaches head first entries into the water; no previous experience is needed. Students will learn standing shallow and deep dives, racing dives for swim team, and standing dives from the springboard. Students must be able to swim 25 yards and be comfortable in deep water.

Completion of Swim 3 is strongly recommended

6, 30 minute sessions TOH \$50/NR \$62

June 24-July 29

1035.701 Su 4-4:30pm

9, 30 minute sessions TOH \$74/NR \$92

July 9-19

1035.101 M-F & M-Th 10-10:30am

July 23-August 2

1035.102 M-F & M-Th 10-10:30am

Diving 1 Age 7 & up

Learn the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught.

6, 45 minute sessions TOH \$74/NR \$92

June 24-July 29

1036.701 Su 4:30-5:15pm

9, 45 minute sessions TOH \$110/NR \$137

July 9-19

1036.101 M-F & M-Th 10:30-11:15am

July 23-August 2

1036.102 M-F & M-Th 10:30-11:15am

Diving 2 Age 7 & up

For children with previous springboard diving experience. The completion of Diving 1 or equivalent is strongly recommended. This class will include refinement of front and back dives, as well as learning more advanced dives and flips.

6, 1 hour sessions TOH \$98/NR \$122

June 24-July 29

1037.701 Su 5:15-6:15pm

Swim Instructor Aide

Age 14 & up

This course is to help students learn to assist with swim lessons. The course will cover how to work with swim instructors giving swim lessons, and is a great way to prepare to be a swim instructor.

9, 30 minute sessions TOH \$66/NR \$82

June 25-July 6

1028.101 M-F & M-F 8:15-8:45am

July 9-19

1028.102 M-Th & M-Th 8:15-8:45am

July 23-August 2

1028.103 M-Th & M-Th 8:15-8:45am

August 6-16

1028.104 M-Th & M-Th 8:15-8:45am

Adults

Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and breathing skills will be taught.

8, 45 minute sessions TOH \$98/NR \$122

June 23-August 11

1041.602 Sa 10:30-11:15am

Advanced Beginner Age 16 & up

This class is for students who have passed Adult Beginners or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water, and introduction to rotary breathing are included in this class.

8, 45 minute sessions TOH \$98/NR \$122

June 23-August 11

1042.602 Sa 11:15am-12pm

Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

8, 45 minute sessions TOH \$98/NR \$122

June 23-August 11

1043.602 Sa 12-12:45pm

Water Workouts

Seniors: Please see senior citizen discount information on the registration page.

Early Bird Energizer Age 16 & up

Start your day with this fun, high intensity class that combines aerobic intervals with effective strength moves! This workout targets fat loss, muscle building and cardio endurance. Held in deep water, participants will wear ankle cuffs to provide buoyancy and resistance while building a strong core.

Participants must be comfortable in deep water

15, 1 hour sessions TOH \$125/NR \$155

June 25-August 15

1049.101 M/W 6:30-7:30am

8, 1 hour sessions TOH \$69/NR \$85

June 29-August 17

1049.502 F 6:30-7:30am

Power Splash Age 16 & up

This is a fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total body workout incorporating circuits and intervals while using buoys, noodles and plyometrics.

Participants must be comfortable in deep water

8, 1 hour sessions TOH \$69/NR \$85

June 27-August 17

1040.501 F 7:30-8:30am

Senior Water Aerobics

Age 18 & up

This class is an exercise class for the "Senior Citizen." It promotes fitness, flexibility and range of motion. No swimming experience is necessary to become involved.

(Seniors: Please see Senior Citizen Discount information on the registration page.)

Rubber-soled water shoes are strongly recommended

15, 1 hour sessions TOH \$125/NR \$155

June 25-August 15

1048.101 M/W 8:30-9:30am

8, 1 hour sessions TOH \$69/NR \$85

June 29-August 17

1048.502 F 8:30-9:30am



AQUATICS

Water Walking Age 18 & up

Jumpstart your summer fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. No swimming skills are necessary.

Rubber-soled water shoes are strongly recommended
15, 1 hour sessions TOH \$125/NR \$155

June 25-August 15

1046.101 M/W 7:30-8:30am

Deep Water 1 Age 16 & up

This class offers a high-intensity, no-impact, cardiovascular challenge with the additional benefit of toning and strengthening muscles.

No swimming skills are necessary, but participants must be comfortable in deep water

15, 1 hour sessions TOH \$125/NR \$155

June 25-August 15

1045.101 M/W 6:30-7:30pm

16, 1 hour sessions TOH \$133/NR \$165

June 26-August 16

1045.203 T/Th 8:30-9:30am

8, 1 hour sessions TOH \$69/NR \$85

June 30-August 18

1045.602 Sa 8-9am

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

Students must have previously taken Deep Water 1
15, 1 hour sessions TOH \$125/NR \$155

June 25-August 15

1050.104 M/W 7:30-8:30pm

16, 1 hour sessions TOH \$133/NR \$165

June 26-August 16

1050.206 T/Th 7:30-8:30am

1050.205 T/Th 6:30-7:30pm

Summer Swim Team (Herndon Swim League)

The Herndon Halibuts

Age 5-18

TOH \$115/NR \$140

CALLING ALL SWIMMERS!

If you have always wanted to be on a swim team, but haven't had a neighborhood team to swim for, here's your chance! Join the Herndon Community Center Swim Team and be a Fighting Halibut! As a developmental team, your child will have an opportunity to learn the four competitive strokes and swim in meets during the season.

Parents are required to participate at four swim meets and one team activity. A \$35 Activity Fee per swimmer is due upon registration to cover the cost of T-shirts, caps, end of season awards and team activities. Online registration is

not available for this program. Registration and activity fees must be dropped off at the front desk. Registration forms will not be processed until a swimmer's parents have signed up to participate at four swim meets and one team activity.

All swimmers must be able to swim one length of the pool continuously without stopping. Parents MUST attend an orientation session held on Thursday, June 7, 2012 from 7:30 to 8:30pm or Saturday, June 9, 2012 from 5 to 6pm. This meeting gives parents the opportunity to meet the HCC staff, and receive information concerning the 2012 summer season.

Age 5-8	1029.101	Age 9-10	1029.102	Age 11-18	1029.103
May 29-June 19		May 29-June 19		May 29-June 19	
M-F	5-5:45pm	M-F	5:45-6:30pm	M-F	4-5pm
June 20-July 20		June 20-July 20		June 20-July 20	
M-F	7:30-8:15am	M-F	8:15-9am	M-F	9-10am

HERNDON COMMANDERS 2012-2013



The Herndon Commanders is the Herndon Parks and Recreation Department's USA Swimming-sanctioned swim team. The Commanders' nine month program is dedicated to giving each swimmer the opportunity to achieve his/her personal goals in an encouraging environment. In addition, swimmers gain confidence, physical endurance and friendships with other team members. Those individuals joining the team are expected to make a commitment for the entire season and to participate in swim meets.

Head Coach Bruce Andersen, beginning his sixth year as head coach of the Commanders, has over 24 years of coaching and teaching experience. Our coaches are certified through American Swim Coaches Association and have over 40 years combined experience.

Stroke Evaluations

Stroke Evaluation for

placement on the team will be on:

Tuesday, July 3, 4-6pm | Tuesday, July 10, 4-6pm
Tuesday, July 17, 4-6pm | Tuesday, July 24, 4-6pm

or by appointment. Contact Bruce Andersen at **703-435-6800 x2122**, for additional information.

GYMNASTICS



The department offers a wide range of classes for boys and girls ages 2-13. Our program prides itself on being able to offer a positive, safe and fun gymnastics learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement.

Adapted Gymnastics

Age 4-12

Children with disabilities learn basic gymnastics, fitness, movement and games in a safe environment through music, obstacle fun and fitness activities. Participation will enhance movement, balance, coordination and socialization. Class provides safe instruction and builds confidence. Program is designed with an instructor to participant ratio of 1:1.

Child must be ready to separate from parent during class

8, 30 minute sessions TOH \$24/NR \$32

June 23-August 11

1722.417 Sa 1-1:30pm

Parent-Child Age 2-3

Parent/child class is an enjoyable physical, mental, and social experience for your toddler, up to 3 years of age. This class is a playful parent/tot class centered on age-appropriate movements, songs and activities. The class is set up as part structure and part free time (allowing for imaginary play). Participation will enhance your toddler's body awareness, build on confidence and procedures, and is also a great way for you and your child to meet new friends and stay active.

8, 45 minute sessions TOH \$48/NR \$64

June 23-August 11

1712.405 Sa 9-9:45am

Munchkateers

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

Munchkateers I Age 3-4

8, 45 minute sessions TOH \$48/NR \$64

June 23-August 11

1712.414 Sa 10-10:45am

1712.415 Sa 11-11:45am

Munchkateers II Age 4-6

8, 45 minute sessions TOH \$48/NR \$64

June 23-August 11

1712.416 Sa 12-12:45pm

Young Beginner Age 5-7

Young Beginner classes are designed as a transition program for the school-age gymnast. Participants should have attended one or more sessions of Munchkateers, or participated in a gymnastic program at another gym.

8, 1 hour sessions TOH \$48/NR \$64

June 23-August 11

1722.441 Sa 1-2pm

Check out Gymnastics
Summer Camps on pg. 24

USA Level Gymnastics

The level program includes instruction in floor exercise, balance beam, uneven bars and vaulting. Participants learn the fundamental progressions, and are introduced to basic skills on each event. Participants are grouped by age and ability. Advancement is based on obtaining the required skill and correct form.

Level I Age 6-13

No experience necessary, but must be able to learn gymnastic terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

8, 1.5 hour sessions TOH \$72/NR \$96

June 23-August 11

1722.450 Sa 2-3:30pm

Level II Age 6 & up

Successful completion of Level I, or the ability to demonstrate one long pull up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam, and front support mount on beam.

8, 1.5 hour sessions TOH \$72/NR \$96

June 23-August 11

1722.451 Sa 2-3:30pm

Level III Age 6 & up

Successful completion of Level II, or the ability to demonstrate 3 long pull ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam, and dive forward roll on vault.

8, 1.5 hour sessions TOH \$72/NR \$96

June 23-August 11

1722.452 Sa 2-3:30pm

Gentle Yoga for Seniors

Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

Bring water, small pillow, mat and blanket

8, 1 hour sessions TOH \$64/NR \$85

June 18-August 13 (No class 7/2)

1257.204 M 10:30-11:30am

June 20-August 15

1257.205 W 10:30-11:30am

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

Wear comfortable clothing and bring a lightweight blanket

8, 1.5 hour sessions TOH \$96/NR \$128

June 18-August 6

1247.208 M 7:30-9pm

June 21-August 9

1247.209 Th 7-8:30pm

Hatha Yoga Age 16 & up Beginner

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper technique are emphasized to reduce risk of injury. Wear clothing that will allow you to bend and reach comfortably. Please bring a blanket and water.

8, 1.5 hour sessions TOH \$96/NR \$128

June 24-August 12

1247.108 Su 11:45am-1:15pm

All Levels

This is a great class for those with limited experience, as well as the yoga practitioner who is ready to explore their edge. Class explores individual limits with a focus on alignment, while building strength and increasing participant's comfort level.

8, 1.5 hour sessions TOH \$96/NR \$128

June 24-August 12

1247.104 Su 1:30-3pm

June 21-August 9

1247.123 Th 7-8:30pm

Your Health in Your

Hands Express Age 16 & up

When was the last time you talked with someone about your health and received the personal attention you deserve? Learn to create a happy, healthy life in a way that is flexible, fun, and free of denial and discipline. Discover the food and lifestyle choices that will best support and enable you to reach your goals. During the course of the program, you will set and accomplish goals, explore new foods, understand and reduce cravings, increase energy, and improve personal relationships. Instructor Jill Dulaney is a Holistic Health Counselor dedicated to helping prevent disease and promoting good health. This class is participatory, so be prepared to share and support one another. Please bring a pen and paper. Senior discounts do not apply.

8, 1.5 hour sessions TOH \$90/NR \$120

June 19-August 7

1247.219 T 6:45-8:15pm

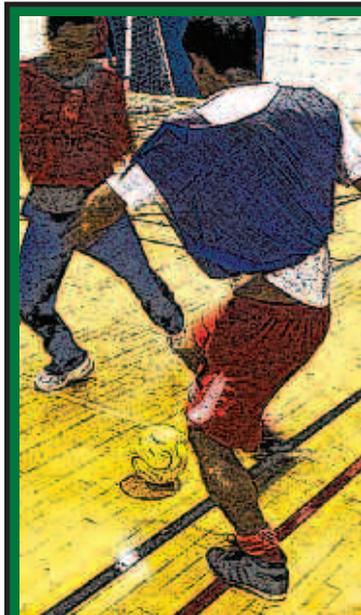
Prenatal Yoga Age 18 & up

Prenatal Yoga will help you through the journey of pregnancy, while improving flexibility, toning muscles, and providing natural relief from some of the common pregnancy discomforts. This class is tailored to the different needs of participants, and will help strengthen the pelvic floor, improve circulation, exercise the spine, and increase overall comfort. Breathing exercises and visualizations and sound therapy (mantras, Tibetan bowls and gongs) will be included in the class. A guided visualization at the end of the class will help to erase stress, while reconnecting yourself with your baby. Bring a lightweight blanket.

7, 1.25 hour sessions TOH \$75/NR \$99

July 6-August 17

1247.217 F 5:30-6:45pm



Futsal League Age 16 & up

Beat the heat and sign your team up for our next Futsal 5v5 League. Games will be played indoors on Tuesday evenings between 7-10pm. Get your team ready! Teams must have a minimum of 5 players, and up to 8 players per team. Team registration fee of \$330 is due by May 8th and team managers must attend the league meeting on May 8. Contact david.zakrzewski@herndon-va.gov.

Call 703-435-6800, x2106 for more information.

Want more playing time?

Pick-up games will be hosted at the Herndon Community Center every Thursday evening from 7:30-10pm. Start date and fee TBD.

GROUP EXERCISE



Group exercise and aerobic land classes* are exclusively part of your admission benefit. Purchase a multi-visit pass for the best rates, or pay the daily fee for the most flexibility to meet your fitness needs. Please arrive early as some classes may reach capacity or have limited specialty equipment available. See page 2 for details on becoming a pass holder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.

*unless otherwise noted, wellness programs are not included.

Babysitting is available during Kid Care hours. See page 13.

Please consult your doctor prior to starting an exercise program.

Exercise, Health & Fitness classes are designed for age 16 & up.

Please do not enter a class if more than ten minutes past the scheduled start time.

Fit Moms (program held inside at HCC) will return in the fall

Amp'd Abs

Tone your abs with this challenging 30-minute workout! This class focuses on working muscles you never knew you had, while developing core strength that will support you in a wide variety of activities.

W 5:25-5:55pm

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, and ever-changing intervals. This effective combination is heart smart, and with regular workouts, will give you a powerful, toned body.

M/W 9-10am

**No classes July 4.
Community Center shutdown
Aug 25-Sept 3**

Body Sculpt

Use a variety of equipment and techniques to sculpt your whole body by focusing on all major muscle groups. You will build and sculpt muscles, strengthen your core, and improve your strength and flexibility, while focusing on total-body health.

M/W 7:10-8:10pm

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

M/W/F 6-7am

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross training shoes and come have a blast!

Sa 8:45-9:45am

Cardio/Sculpt Interval (CSI)

A cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

M 6:45-7:45pm
T/Th 9:30-10:30am

Core Challenge

If you're up for a challenge, this class is for you...a 45-minute intensive class that focuses on building core strength, endurance and flexibility! Challenging exercises will target the lower and upper abdominals, obliques, back, and hips. Modifications for beginners provided.

T/Th 12:15-1pm

**Summer Class Schedule covers
Monday, June 18 through
Friday, August 24**

Step & Sculpt

Get the best of both worlds! Forty minutes of calorie-burning step, along with sculpting and strengthening your muscles, using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

T/Th 5:50-6:50pm
F 5-5:45pm

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. Accommodates beginner to advanced fitness levels.

T/Th 11am-12pm

Total Body Conditioning

A total body strength class, which includes balance, functional core stability and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga- and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total-body-strength workout to jump-start your metabolism!

M/W 6-7pm

Total Body Energizer

A fun total-body workout with emphasis on combination and functional movements. This class uses weights, bars, balls and bands to work all major muscle groups from head to toe. Appropriate for those looking for a challenging workout!

T 7-8pm
Th 6:45-7:45pm

GROUP EXERCISE

Kid Care

Take advantage of the drop-off babysitting service, run by our friendly staff.

Morning:

**Monday/Wednesday 9-11:30am;
Tuesday/Thursday 9am-12pm**

Evening:

**Monday/Tuesday/Thursday
5:30-8:15pm;
Wednesday 5:15-8:15pm**

- \$5 for 2 hours
 - \$56.25 for 15-visit punch pass
 - \$75.50 for 25-visit punch pass
- Children 12 months & older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered in a HCC program or using the facility.

Drop-ins are admitted daily on a space-available basis.



Fit Moms Boot Camp

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring your children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! Special modifications for beginners and pregnant participants. No special stroller required, as long as your child can sit in it for the cardio portion of class. Registration is required. **Classes will be held outdoors at Bruin Park.**

10, 1 hour sessions TOH \$55/NR \$73

June 18-29

1241.100 M-F 9:15-10:15am

July 9-20

1241.101 M-F 9:15-10:15am

5, 1 hour sessions TOH \$27/NR \$36

August 13-17

1241.102 M-F 9:15-10:15am

ZUMBA

A Latino-influenced dance-style class that combines high-energy moves and dance combinations that are designed to make your workout fun, and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.

M 5:30-6:30pm

T 5:45-6:45pm

T 8:10-9:10pm

W 7-8am

W 5-6pm

Th 5:30-6:30pm

F 7-8am

F 5-5:45pm

Sa 11:40am-12:40pm

ZUMBA & Sculpt

Combining the best of both worlds, you will begin class with Zumba to dance off calories while having fun! Then move on to sculpt and strengthen your muscles, using a variety of equipment and techniques while resetting your metabolism.

Th 6-7am

SUMMER 2012 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Body Tone 6-7am		Body Tone 6-7am	ZUMBA & Sculpt 6-7am	Body Tone 6-7am	
			ZUMBA 7-8am		ZUMBA 7-8am	
	Body Blaster Circuit 9-10am	Cardio/Sculpt Interval 9:30-10:30am	Body Blaster Circuit 9-10am	Cardio/Sculpt Interval 9:30-10:30am		Cardio Blast 8:45-9:45am
		Strength & Sculpt 11am-12pm		Strength & Sculpt 11am-12pm		ZUMBA 11:40am-12:40pm
		Core Challenge 12:15-1pm		Core Challenge 12:15-1pm		
	ZUMBA 5:30-6:30pm		ZUMBA 5-6pm			
	Total Body Conditioning 6-7pm	ZUMBA 5:45-6:45pm	Amp'd Abs 5:25-5:55pm	ZUMBA 5:30-6:30pm	ZUMBA 5-5:45pm	
	Cardio Sculpt Interval 6:45-7:45pm	Step & Sculpt 5:50-6:50pm	Total Body Conditioning 6-7pm	Step & Sculpt 5:50-6:50pm	Step & Sculpt 5-5:45pm	
	Body Sculpt 7:10-8:10pm	Total Body Energizer 7-8pm	Body Sculpt 7:10-8:10pm	Total Body Energizer 6:45-7:45pm		
		ZUMBA 8:10-9:10pm				

Drop-in classes pay general admission

ZUMBA Party

Friday, July 13 • 6-8pm

Age 16 & up

1244.121

**\$15 Advance Registration/
\$20 At the Door**

Come for the workout, stay for the party! Dance, sweat and have fun with all your ZUMBA friends. Door prizes and refreshments provided. (Age 16 & up)

MARTIAL ARTS/ FITNESS ROOM



Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable “workout” clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 45 minute sessions TOH \$36/NR \$48
June 25-August 13
 1767.301 M 5-5:45pm

8, 1 hour sessions TOH \$36/NR \$48
June 29-August 17
 1767.302 F 7:05-8:05pm

Tae Kwon Do for Little Kids

Age 3-6

This child-friendly class teaches children the basics of Tae Kwon Do, which includes kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are taught each class to help build child’s self-esteem and physical conditioning. Instruction provided by certified instructors under supervision by Hall of Fame Inductee Master Adam

Sterner of Sterner’s Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee.

8, 30 minute sessions TOH \$72/NR \$96
June 19-August 7
 1227.301 T 4:45-5:15pm

June 23-August 11
 1227.302 S 1-1:30pm

June 22-August 10
 1227.303 F 6-6:30pm

Martial Arts Self-Defense for

Kids Age 7-12

Learn the basics of Martial Arts Self-Defense through instruction provided by certified Black Belt instructors under the supervision of World Karate Hall of Fame Member Master Adam Sterner. Class will include techniques on kicking, punching and blocking, and techniques to deter bullies. Participants who attend regularly will increase their mental and physical self-confidence. Equipment may be purchased at the first class for \$45.

8, 30 minute sessions TOH \$72/NR \$96
June 22-August 10
 1227.304 F 6:30-7pm

Kendo Advanced Age 13 & up

Class is geared towards Kendoka, and those that have completed the introductory class and who wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Class includes students of all skill and age levels. Gi, Hakama, Shinai, and approval from the instructor are required to attend the class. Full bogu required for advanced practicing.

8, 1.5 hour sessions TOH \$48/NR \$60
June 22-August 10
 1268.305 F 8:15-9:45pm

June 24-August 12
 1268.306 Su 11:15am-12:45pm

16, 1.5 hour sessions TOH \$80/NR \$100
June 22-August 12
 1268.307 F 8:15-9:45pm
 Su 11:15am-12:45pm

Fitness Room Services

Please note: Senior Discounts do not apply to Fitness Room programs.

NOL Indicates no online registration

Personal Training

Age 14 & up **NOL**

Certified Personal Trainers will provide for you a customized, goal oriented, and progressive workout plan. Sessions are tailored to address your individual needs, your experience level and any specific health considerations you may have. A variety of fresh training methods and techniques are continuously applied to create fun, safe, challenging and effective workouts. Your trainer will also nurture your motivation, hold you accountable for your own success, and educate you on the principles and philosophies of fitness—all to help you achieve your desired results. Contact the Fitness Specialist at **703-435-6800 x2127** to schedule an appointment.

One-on-One Personal Training

	TOH Resident/Non-Resident
1, 30 minute session 1274.100	\$29/\$38
6, 30 minute sessions 1274.102	\$146/\$195
10, 30 minute sessions 1274.104	\$180/\$240
1, 45 minute session 1274.101	\$38/\$50
6, 45 minute sessions 1274.103	\$191/\$255
10, 45 minute sessions 1274.105	\$282/\$375

Partner & Group Personal Training

	TOH Resident/Non-Resident
2 Person Training (rates are per person)	
1, 45 minute session 1274.800	\$24/\$32
8, 45 minute sessions 1274.803	\$171/\$228
3-6 Person Training (rates are per person)	
1, 45 minute session 1274.801	\$21/\$28
8, 45 minute sessions 1274.804	\$146/\$194

Fitness Room Orientation

Get to know the Fitness Room better! Our Fitness Room staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Contact the Fitness Specialist at **703-435-6800 x2127** to schedule an appointment (subject to availability).

Free!

1, 45 minute session *By appointment only

OsteoFIT Age 30 & up **NOL**

Whether you have osteoporosis now or are hoping to avoid it, OsteoFIT is a program to help. Research shows that exercise can prevent bone loss and, in some cases, can reverse bone loss! There are exercises that have been found to promote bone density more than others. OsteoFIT is a one-on-one session with a personal trainer to teach you a workout that promotes bone density and total body strength.

1, 45 minute session TOH \$50/NR \$50
 1278.200



FITNESS ROOM

ExpressFIT Age 12 & up **NOL**

Let our personal trainers design and teach you a total-body workout routine to use in the Fitness Room. The customized plan will be specific to your fitness goals and health considerations. ExpressFIT is great for passholders, setting you up with an easy to follow workout routine to keep on file in the Fitness Room—readily available each time you visit.

1, 45 minute session TOH \$50/NR \$50
1274.200

Design Your Own Fitness Class

Age 16 & up **NOL**

Can't find a class and time that work for you? Get a few friends together and design your own class! You'll need a minimum of 4 people in order to start the class. Our certified personal trainers will tailor your class to fit your needs! You'll have the option to keep the class to your group or open it up to the public. This program is subject to space and trainer availability. For more information or to schedule, please contact the Fitness Specialist at **703-435-6800 x2127**.

10, 45 minute sessions TOH \$75/NR \$100

Small Group Personal Training

Athletic Conditioning

Age 16 & up

If you like to sweat and walk away from a workout feeling like you put 100% effort in, then this is for you. We'll focus on muscle and cardiovascular endurance. The ability to work on an anaerobic level is key for athletes, so expect to be pushed to the limit.

8, 1 hour sessions TOH \$60/NR \$80

June 20-August 15 (No class 7/4)

1279.501 W 5:30-6:30pm

June 22-August 10

1279.502 F 10:45-11:45am

CoreFIT Age 16 & up

This 30-minute workout will hit all of those little muscles in the core that are hard to hit with your normal workout. Through the use of body weight and some of our training toys, you'll be fit to the core before you know it. To make the most of our time, please warm up before class on your own.

8, 30 minute sessions TOH \$30/NR \$40

June 18-August 6

1279.503 M 4:30-5pm

June 20-August 15 (No class 7/4)

1279.504 W 4:30-5pm

*Register for both sessions and save 10%

16, 30 minute sessions TOH \$54/NR \$72

June 18-August 13 (No class 7/4)

1279.507 M/W 4:30-5pm

Fit Boxing Age 18 & up

Come learn the fundamentals of the "sweet science." Learn how to jab, hook, bob and weave in a fun yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone from novice to athlete. Get ready to be in the best shape of your life after this workout.

8, 1 hour sessions TOH \$60/NR \$80

June 19-August 7

1278.902 T 8:30-9:30pm

June 21-August 9

1278.903 Th 8:30-9:30pm

Fit in a Flash for Women

Age 35-65

Has your body thrown you a curveball that only women can understand? Maybe your workouts aren't having the same effect as they used to? Fit in a Flash is a total-body-strength workout that will boost your metabolism and increase your body strength.

8, 50 minute sessions TOH \$51/NR \$68

June 19-August 7

1278.403 T 12:10-1pm

June 21-August 9

1278.402 Th 12:10-1pm

*Register for both sessions and save 10%

16, 50 minute sessions TOH \$92/NR \$123

June 19-August 9

1278.404 T/Th 12:10-1pm

Intervals for Weight Loss

Age 16 & up

Interval training is one of the best ways to boost your metabolism and lose weight. If your personal goal involves weight loss, join us for a low-impact interval training class.

8, 1 hour sessions TOH \$60/NR \$80

June 18-August 6

1279.400 M 6:30-7:30pm

June 20-August 15 (No class 7/4)

1279.403 W 6:30-7:30pm

June 22-August 10

1279.404 F 6-7pm

*Register for all three sessions and save 15%

24, 1 hour sessions TOH \$153/NR \$204

June 18-August 13 (No class 7/4)

1279.405 M/W 6:30-7:30pm

F 6-7pm

SUMMER 2012 OPEN GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Open Gym	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	11:30am-2:30pm Adult Open Gym	11:30am-2:30pm Adult Basketball	8:30-11:30am Badminton
						12-3pm Youth Basketball
	8-10pm Adult Basketball		7-10pm Adult Volleyball		7-10pm* 1/2 Adult Basketball & 1/2 Adult Volleyball	3:30-6pm Adult Basketball

If inclement weather occurs M-F between 11:30am-2:30pm, open gym will be canceled.

*Friday evening open gym may be canceled for events. Check monthly schedule.

Youth = 17 years & under. Subject to change.

FITNESS ROOM



Jump & Pump Age 16 & up

Get your cardio and strength in with this tough conditioning workout. Pairing jump roping and strength training is sure to whip anyone into shape. Learn how to jump rope like a boxer and train like an athlete in this power-packed workout.

8, 50 minute sessions TOH \$51/NR \$68
June 21-August 9
 1278.110 Th 11-11:50am

Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Come mix it up with a total-body circuit, designed for a small group by our trainers. This workout will give you enough time to get in and out, but will challenge you while you're here.

8, 50 minute sessions TOH \$51/NR \$68
June 18-August 6
 1278.501 M 12:05-12:55pm

June 20-August 15 (No class 7/4)
 1278.503 W 12:05-12:55pm

June 22-August 10
 1278.502 F 12:05-12:55pm

Shape Up for Women

Age 18 & up

Come shape up and get toned with our 60-minute workout just for women! Our trainers know what it takes to tone a woman's body, so expect results. We'll get in a complete workout: cardio, balance, agility, strength, core and flexibility training.

16, 1 hour sessions TOH \$120/NR \$160
June 18-August 13 (No class 7/4)
 1278.603 M/W 10:30-11:30am

June 20-August 15 (No class 7/4)
 1278.605 W/F 6:15-7:15am

8, 1 hour sessions TOH \$60/NR \$80
June 19-August 7
 1278.600 T 7:30-8:30pm

Six Pack Abs Age 16 & up

To have visibly toned abs you need to do intense cardio paired with abdominal strength exercises that target each of the abdominal muscles. Pair this tough workout with a healthy diet to see results! To save class time, please warm up before class on your own.

8, 30 minute sessions TOH \$30/NR \$40
June 19-August 7
 1279.506 T 6:30-7pm

Stretch, Core & More

Age 16 & up

For many of us, stretching is an afterthought and our "abs" work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate "functional training" core work, stretching elements from yoga, sport performance, other muscle tone and flexibility exercises.

8, 50 minute sessions TOH \$51/NR \$68
June 21-August 9
 1279.102 Th 7-7:50am

Tough Enough Age 18 & up

Tough Enough is for those looking for an extra workout challenge. Take your fitness to a whole new level with this focused and fun program! You'll have to work hard, but the results you'll achieve will be worth it.

8, 1 hour sessions TOH \$60/NR \$80
June 19-August 7
 1278.910 T 5:30-6:30pm

June 21-August 9
 1278.911 Th 5:30-6:30pm

Active at Any Age

Balance Training Age 45 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Balance can be improved through core strengthening, posture-awareness training, and practicing balance specific exercises.

8, 45 minute sessions TOH \$39/NR \$52
June 19-August 7
 1279.103 T 10-10:45am

June 22-August 10
 1279.104 F 10-10:45am

"Turn Back the Clock"

Age 45 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health & fitness with this fun and effective workout.

8, 45 minute sessions TOH \$39/NR \$52
June 20-August 15 (No class 7/4)
 1278.103 W 9:30-10:15am

Senior Circuit Age 45 & up

A great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All ages and abilities are welcome. Modifications will be made for individuals with any physical restrictions.

8, 45 minute sessions TOH \$39/NR \$52
June 18-August 6
 1278.100 M 9:30-10:15am

June 21-August 9
 1278.102 Th 9:30-10:15am

Youth Fitness

Girls on the Go Age 12-16

Fun workouts just for teen girls! Get a total-body workout with a Certified Trainer leading the group through an effective and challenging circuit. Come make new friends while being active.

8, 50 minute sessions TOH \$51/NR \$68
June 19-August 7
 1244.300 T 4:30-5:20pm

June 21-August 9
 1244.301 Th 4:30-5:20pm

Introduction to Weight Lifting

Age 12-16

Designed for adolescents who are interested in weight lifting. Learn basic exercises specific to body parts, weight lifting breathing techniques and how to track your own progress by recording your workouts. Students will earn a Youth Fitness Pass with successful completion of this course.

8, 50 minute sessions TOH \$51/NR \$68
June 21-August 9
 1244.101 Th 5:30-6:20pm

Intro to Strength and Conditioning Age 12-16

This course is designed to lay a foundation for athletic success. Students will learn proper approach to increase strength, power, speed and stamina. Students will also learn how balance, agility and coordination can help improve performance at any level, in any sport or competition.

Must have completed Introduction to Weight Lifting
 8, 50 minute sessions TOH \$51/NR \$68
June 21-August 9
 1244.201 Th 6:30-7:20pm



FITNESS ROOM

Sport Movement Fundamentals

Age 12-16 **New!**
 There are fundamental movement patterns and basic athletic skills at the root of all sports performance. Learn and practice these pillars of fitness to help improve your athletic ability. The exercise you'll get will also help you improve or maintain conditioning for the fall sports seasons.

8, 50 minute sessions TOH \$51/NR \$68
June 18-August 6
 1244.302 M 3-3:50pm
June 20-August 15 (No class 7/4)
 1244.303 W 3-3:50pm

Youth Fitness Orientation

Age 12-15 **Free!**
 Ages 12-15 are required to hold a Youth Fitness Pass to use the Fitness Room. Get to know the Fitness Room better and earn your YFPass! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Contact the Fitness Specialist at **703-435-6800 x2127** to schedule an appointment (subject to availability).

1, 45 minute session
 *By Appointment Only

Athletic Development

Group Training

Age 14-18
 This intense 90-minute workout is designed to give athletes and coaches a structured strength and conditioning option outside of school. The group is limited to six athletes to ensure individual attention from the Trainer, Jeff Burden, CSCS. Strength training paired with agility training and injury prevention will enhance athletic performance.

8, 90 minute sessions TOH \$110/NR \$147
June 19-August 7
 1244.404 T 3-4:30pm
June 21-August 9
 1244.405 Th 3-4:30pm

Team Training

Age 12-18 **NOL**
 The Athletic Development program offers conditioning packages for organized teams and small groups. Days and times of sessions are coordinated between coach and team. Each session is 55 minutes in length. Prices are based on a per person rate for the session (8 person minimum).

Level 1

This is foundation for novice teams. Athletes gain confidence as they learn the principles of basic strength, general conditioning and dynamic flexibility.
 8 sessions (1 per week) TOH \$72/NR \$96 1244.410
 16 sessions (2 per week) TOH \$122/NR \$163 1244.411

Level 2

This is the next step for the developing athlete. Athletes will focus on strength training with weights and gradual introduction to power movements such as plyometrics and Olympic lifting.
 8 sessions (1 per week) TOH \$78/NR \$104 1244.412
 16 sessions (2 per week) TOH \$132/NR \$177 1244.413

Level 3

Learn sports-specific conditioning approaches that will prepare you to compete at a varsity or collegiate level. Level 3 includes a functional fitness assessment and program design template specific to your sport.
 8 sessions (1 per week) TOH \$102/NR \$136 1244.414
 16 sessions (2 per week) TOH \$174/NR \$231 1244.415

Individual Training Programs

Age 12-22 **NOL**
 Athletic Development offers 8- and 12-session packages of 55-minute one-on-one sessions that meet the needs of athletes, from novice to collegiate. The type of training is based on the level of experience of the athlete and what his or her goals are.

Base

General conditioning to build a foundation of strength, stamina and flexibility. This training is crucial for injury prevention and future success.
 8, 55 minute sessions TOH \$264/NR \$352 1274.106
 12, 55 minute sessions TOH \$336/NR \$449 1274.107

Development

Continues to build on the foundation with increasingly complex training approaches that specifically focus on your sport. Includes an initial assessment to assess and target weak links that could cause injury.
 8, 55 minute sessions TOH \$276/NR \$368 1274.108
 12, 55 minute sessions TOH \$352/NR \$469 1274.109

Peak Performance

A high-octane ride guaranteed to test limits. This program is recommended for athletes already competing at a high school or collegiate level. An initial assessment and two follow-ups are included to track progress.
 8, 55 minute sessions TOH \$288/NR \$385 1274.110
 12, 55 minute sessions TOH \$367/NR \$489 1274.111

*Add a partner to your individual package!
 Package of 8 sessions TOH \$72/NR \$96 1274.112
 Package of 12 sessions TOH \$108/NR \$144 1274.113

Athletic Development

Program Design Age 12-22 **NOL**
 AD matches athletes with training approaches best suited for the demands of their sport. The session includes an easy-to-follow training template with progressions to help you improve.
 1, 1 hour session TOH \$80/NR \$80 1274.114

Athlete Fitness

Assessment Age 12-22 **NOL**
 Comprehensive athletic evaluation to identify strengths and weaknesses. Assessments are a baseline for progress measurement and a road map to success.
 1, 1 hour session TOH \$60/NR \$60 1274.115

DANCE



Baby Ballerinas Age 2-3

An exciting dance class for the little ones and a parent. This class will teach basic ballet positions while capturing the children's attention with powerful force of imagination. Leotards, tights and ballet slippers are required.

8, 45 minute sessions TOH \$56/NR \$75

June 23-August 11

1421.015 Sa 9:30-10:15am

June 19-August 7

1421.020 T 4:15-5pm

Ballet

Learn the basics of ballet, along with beginning theory, while enjoying a fun and nurturing experience. Goals include proper posture, and the learned choreography of a dance performance for the last day of class to be held for parents and friends. Ballet shoes required.

Beginner Age 3-5

No experience needed

8, 45 minute sessions TOH \$56/NR \$75

June 23-August 11

1421.016 Sa 10:15-11am

Intermediate/Advanced Age 4-6

1 session/6 months experience

8, 45 minute sessions TOH \$56/NR \$75

June 23-August 11

1421.017 Sa 11-11:45am

Ballet/Tap/Jazz

Students will learn the basic rhythms of tap and jazz, and special stylized movements of ballet.

Ballet and tap shoes required

Ballet & Tap Age 3-5

8, 1 hour sessions TOH \$56/NR \$75

June 19-August 7

1421.018 T 5-6pm

Ballet & Jazz Beginner Age 5-8

8, 1 hour sessions TOH \$56/NR \$75

June 21-August 9

1421.019 Th 5-6pm

Combination Dance

The goal of the class is to offer the student experience in tap, ballet and tumbling technique through a series of classes that promote a dancer's basic training in both athletic and fluid movement.

Ballet and tap shoes required

Beginner Age 4-6

8, 1 hour sessions

TOH \$56/NR \$75

June 23-August 11

1421.021 Sa 11:45am-12:45pm

Intermediate/Advanced Age 5-8

1 session experience needed

8, 1 hour sessions

TOH \$56/NR \$75

June 23-August 11

1421.022 Sa 1-2pm

Hip-Hop Dance

Hip-hop is noted for its lively, sometimes very bouncy style, and its highly energetic and expressive performance. The hip-hop jazz class will emphasize creativity and energy, while incorporating basic jazz steps with the modern style.

Jazz shoes required

Beginner Age 4-6

8, 1 hour sessions

TOH \$56/NR \$75

June 21-August 9

1421.023 Th 4-5pm

Beginner/Intermediate Age 7-12

8, 1 hour sessions

TOH \$56/NR \$75

June 20-August 15 (No class 7/4)

1421.024 W 5-6pm

June 23-August 11

1421.025 Sa 2-3pm

Adult Dance

Ballet Age 16 & up

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings or sweatpants), a leotard or close-fitting T-shirt, ballet slippers or soft shoes, and hair confined.

No previous experience

8, 1.5 hour sessions

TOH \$82/NR \$109

June 19-August 7

1421.030 T 6-7:30pm

June 21-August 9

1421.031 Th 6-7:30pm

Salsa Age 16 & up

Salsa, originating from South and Latin America, has become a very popular dance form in recent years. It is the festival style and mood of this dance that has kept it alive. A good opportunity to enter the world of social dancing!

8, 1 hour sessions

TOH \$56/NR \$75

June 20-August 15 (No class 7/4)

1421.032 W 6-7pm

Beginner Swing Dance

Age 16 & up

East Coast single- and triple-step are covered.

8, 1 hour sessions

TOH \$56/NR \$75

June 20-August 15 (No class 7/4)

1421.036 W 7-8pm

Latin Dance Age 16 & up

Styles covered: Cha Cha, Rumba, Tango and Salsa.

8, 1 hour sessions

TOH \$56/NR \$75

June 20-August 15 (No class 7/4)

1421.043 W 8-9pm

Belly Dance Age 16 & up

A fun, low-impact, cardiovascular workout! It works particularly on the upper torso and hips, promoting abdominal strength, balance, flexibility, proper alignment, great body posture and confidence. Participants are asked to wear comfortable clothing, such as a leotard, tights, leggings or drawstring pants; exercise or dance shoes; and a scarf or belt long enough to tie around the hips comfortably.

Beginner

No experience needed

8, 1 hour sessions

TOH \$56/NR \$75

June 18-August 6

1421.033 M 6-7pm

Intermediate

12 weeks experience required

8, 1 hour sessions

TOH \$56/NR \$75

June 18-August 6

1421.034 M 7-8pm

**Check out Dance Camps
on pgs. 24-25**



OUTDOOR TENNIS

Adult and youth tennis lessons are offered at the Bready Park Tennis Complex, adjacent to the Herndon Community Center. Classes are organized under the National Tennis Rating Program (NTRP). Refer to the NTRP rating categories.

Completion of a session does not automatically qualify the student to advance to the next level of classes. Please consult your instructor before registering for classes. The HPRD tennis program reserves the right to dismiss a student from a class if they are below the skill level, based on the NTRP ratings, necessary to complete the class.

Students must provide their own racquet, two new cans of tennis balls, and may wear athletic footwear only.

Youth Tennis Lessons

Pee Wee Age 4-5

Our innovative program provides the necessary essentials for even the youngest tennis players.

8, 30 minute sessions TOH \$47/NR \$63

June 26-July 19
1711.508 T/Th 4:30-5pm

July 31-August 23
1711.509 T/Th 4:30-5pm

Beginner Age 6-8

(1.0-1.5)
8, 45 minute sessions TOH \$68/NR \$90

June 25-July 23
1721.510 M/W 5-5:45pm

June 26-July 19
1721.511 T/Th 5-5:45pm

June 23-August 11
1721.512 Sa 9-9:45am

July 30-August 22
1721.513 M/W 5-5:45pm

July 31-August 23
1721.514 T/Th 5-5:45pm

Beginner Age 9-15

(1.0-1.5)
8, 1 hour sessions TOH \$68/NR \$90

June 26-July 19
1731.517 T/Th 6-7pm

June 23-August 11
1731.518 Sa 10-11am

July 31-August 23
1731.519 T/Th 6-7pm

Advanced Beginner Age 9-15

(2.0-2.5)
8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1731.520 M/W 6-7pm

June 26-July 19
1731.521 T/Th 6-7pm

July 30-August 22
1731.522 M/W 6-7pm

July 31-August 23
1731.523 T/Th 6-7pm

Intermediate Age 9-15

(3.0-3.5)
8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1731.524 M/W 7-8pm

June 23-August 11
1731.525 Sa 11am-12pm

July 30-August 22
1731.526 M/W 7-8pm

Advanced Age 12-15

(3.5-4.5)
8, 1 hour sessions TOH \$68/NR \$90

June 26-July 19
1731.531 T/Th 7-8pm

July 31-August 23
1731.532 T/Th 7-8pm

High School Level Age 14-17

(3.5-4.5)
8, 1 hour sessions TOH \$68/NR \$90

June 23-August 11
1731.533 Sa 11am-12pm

Adult Tennis Lessons

Age 16 & up

Beginner

(1.0-1.5)
8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1741.528 M/W 6-7pm

June 23-August 11
1741.529 Sa 8-9am

July 30-August 22
1741.530 M/W 6-7pm

Advanced Beginner

(2.0-2.5)
8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1741.531 M/W 7-8pm

June 23-August 11
1741.532 Sa 9-10am

July 30-August 22
1741.533 M/W 7-8pm

Intermediate Drills & Strategy

(3.0-3.5)
8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1741.534 M/W 8-9pm

June 23-August 11
1741.535 Sa 10-11am

July 30-August 22
1741.536 M/W 8-9pm

Doubles Play and Strategy

(All levels)

Come with a partner or be paired with one during sessions. These classes will help to develop your skills while also teaching you how to play as a team. Men's, women's, and mixed doubles

players are welcome.

8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1741.537 M/W 10-11am

July 30-August 22
1741.538 M/W 10-11am

Fit & Over 50 Tennis Age 50 & up

(All levels)

Stay feeling young and keep your body in shape by taking part in our senior tennis program. Beginners through seasoned players are welcome. Players are grouped according to skill.

8, 1 hour sessions TOH \$68/NR \$90

June 25-July 23
1751.539 M/W 9-10am

July 30-August 22
1751.540 M/W 9-10am

NTRP Ratings

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

SPECIAL EVENTS



NatureFest

September 16, 1-5pm

Celebrate nature at Runnymede Park!

Explore nature and learn as you talk with our nature experts!

Grab your passport to Runnymede Park and get stamped at each station to receive a treat at the end with your completed passport. Enjoy twelve stations, which lead you through the park that include hands-on activities, educational events, wildlife visitors and crafts.



Stations include:

- Honey Bees
- Birding
- Meadow Adventures
- Recycling
- Web of Life
- Butterflies
- Herndon Farm Life
- Life in the Stream
- Native Plants
- Forest Habitat
- Fairfax County Wildlife Mgmt
- Water Quality (Little Critters)

Photo Contest - High school students may participate in a photo contest with photos they have taken in Runnymede Park.

Great Runnymede Race - Middle school students have the chance to team up with their friends and compete in "The Great Runnymede Race," where they can test their nature skills in a race through Runnymede Park. For more information and official rules for these events, please visit www.frpweb.org.

NatureFest is co-sponsored by The Friends of Runnymede Park and Herndon Parks and Recreation Department.

Volunteers Needed

If you would like to volunteer, please contact The Friends of Runnymede Park at friendsofrp@yahoo.com.

Parking availability:

1. Park along Herndon Parkway (space is limited, we encourage carpooling).
2. Bike or walk if you live nearby.
3. Ride the FREE shuttle bus from the satellite parking at our sponsor Northwest Federal Credit Union at 200 Spring Street.

Kids Triathlon **New!**

September 23, 7am

This kids triathlon gives youngsters a great opportunity to compete in one of the fastest growing sports in the United States. This event is designed for any youth, ages 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all our young triathletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a custom medal when they cross the finish line.

Detailed event information will be available June 11 and posted online at www.herndon-va.gov (parks and recreation department) and at the Herndon Community Center.

Registration opens July 5

Event will be held in and around the Herndon Community Center. Swim-HCC indoor pool; Bike-W&OD Trail; Run-W&OD Trail and surrounding roads.

Fees

July 5-August 10	\$35
August 11-September 12	\$40
September 13-22	\$45

		Swim	Bike	Run
1566.900	Ages 6-8	50m	1.1 mile	0.6 mile
1566.901	Ages 9-11	100m	2 mile	1 mile
1566.902	Ages 12-13	150m	4 mile	1.4 mile
1566.903	Ages 14-16	150m	4 mile	1.4 mile

Ages as of December 31, 2012

Prepare for the Herndon Triathlon by participating in the Reston Kids Triathlon August 12.

www.restonkidstri.org

Farmers' Market Fun Days

FREE AND
OPEN TO THE
PUBLIC

Performances 10:30-11:15am on Thursdays
Held on the Town Green at 777 Lynn Street, Herndon, VA

Program Partially Sponsored by the Council for the Arts
of Herndon and the Virginia Commission for the Arts.

July 5

Jake the Magician

Comedy and
Magic that
Amazes and
Delights all
ages!



July 12

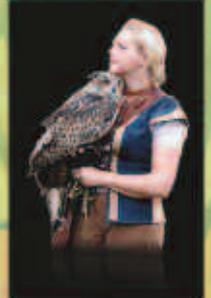
The Diggity Dudes

Hip Music for Hip Kids!



July 19

Wild Safari's Amazing Animals



July 26

Rocknoceros

Herndon's
Favorite
Kid-friendly
Power Trio!



August 2

Flumpa and Friends

The Perfect
Blend of
Science,
Music, and
Fun in a
Rockin
Stage
Show!



August 9

Uncle Pete Rocks!

An Interactive
Musical
Celebration!



4th of July

Start planning now to meet friends and family at our old-fashioned 4th of July Celebration. Sit back and relax as our DJ plays patriotic and summer tunes. The whole family can enjoy the children's arts & crafts, bingo, games, and food may be purchased at the event. At dark, watch a spectacular fireworks display synchronized to music! Admission is free, so come out and enjoy the festivities! Children's crafts, bingo and family music begin at 6:30pm, and fireworks start at 9:30pm, Wednesday, July 4th. Bready Park is located off the W&OD Trail. Parking is limited - skip the hassle of driving and enjoy a walk to the celebration. If you do drive, parking is available at Herndon Middle School and the Herndon Community Center.

SUMMER CAMPS



Summer Fun Age 6-11

Rising Grades 1-6

Our experienced camp staff are ready to take your kids on a great adventure, featuring exciting field trips, theme week crafts, thrilling games, sports and much more. Activities are planned around themes each week, and a field trip is offered each week at an additional cost. Camp is held outdoors at Bready Park and indoors at the Herndon Community Center. Swimming is held twice weekly at the HCC indoor pool. Each day bring a lunch and a snack (no peanut products please), and wear play clothes and tennis or closed-toe shoes. Personal items and care are the responsibility of the participant.

The following forms must be on file prior to participation in the camp: Department's General Registration Form, Camper Information Form and Authorization for Pick-up. Forms and the Parent Handbook are available at the Herndon Community Center front desk, or are also available online at www.herndon-va.gov; click on Parks and Recreation.

To meet your summer child care needs, camp hours are M-F, 7:30am-6pm. We strongly encourage all children to arrive by 9am. Please attend the Parent Meeting on Wednesday, June 20, 6:30pm at the Herndon Community Center. This meeting is for adults only.

Session I

14, 10.5 hour sessions TOH \$210/NR \$280
June 25-July 13 (No camp 7/4)
1520.101

Session II

15, 10.5 hour sessions TOH \$225/NR \$300
July 16-August 3
1520.201

Session III

10, 10.5 hour sessions TOH \$150/NR \$200
August 6-17
1520.301

Additional Program Opportunities While Attending Summer Fun

Can you be in two places at once so your child(ren) can have a fun-filled

summer? We have solved that dilemma and you don't have to provide transportation. It all takes place at the Herndon Community Center. If your child(ren) are enrolled in the Summer Fun program, you can register for additional department programs that are held at the community center, and Summer Fun staff will escort your child(ren) to and from the program location.

Parents will still need to register their child for the program and pay in full the listed program fee (no discounts are available). Parents must notify the Summer Fun Camp Director in writing if their child is registered for another program, while attending the Summer Fun program.

The following programs/camps are available to Summer Fun participants: Gymnastics, Swimming Lessons, Dance, Sport Camps, Tennis Lessons and Table Tennis.

(Look through this brochure for program information.)

The programs listed below are available for all 6-12-year-olds, and participants will be divided into groups by age, held Monday through Thursday.

July 9-12

Flag Football	TOH \$36/NR \$48
1520.355	10:30-11:30am
Cheerleading	TOH \$36/NR \$48
1520.356	10:30-11:30am
Nature Program	TOH \$19/NR \$25
1520.357	1:15-2:15pm

July 23-26

Multi-Sport	TOH \$36/NR \$48
1520.358	10:30-11:30am
Cheerleading	TOH \$36/NR \$48
1520.359	10:30-11:30am
Nature Program	TOH \$19/NR \$25
1520.360	1:15-2:15pm

July 30-August 2

Multi-Sport	TOH \$36/NR \$48
1520.361	10:30-11:30am
Flag Football	TOH \$36/NR \$48
1520.362	10:30-11:30am

August 13-16

Cheerleading	TOH \$36/NR \$48
1520.363	10:30-11:30am
Flag Football	TOH \$36/NR \$48
1520.364	10:30-11:30am

Nature Program

1520.365

TOH \$19/NR \$25

1:15-2:15pm

Skateboard Camp Age 6-12

Do you love Extreme Sports? This Skateboard Camp is packed with safe, fun and thrilling activities for beginner to intermediate skateboarders! Camp will be held outdoors at the Trailside Skatepark, Crestview Drive. Under the supervision of American Inline instructors, you will receive instruction on how to safely ride, turn, approach ramps, rock to fakie, rock n' roll, kick turn, and more all in a safe, positive environment. Instruction is separated by age and ability. Each day includes instruction, skating games and jam time. Participants will receive a camp T-shirt and skateboard stickers. Helmets are mandatory, and bring knee and elbow pads, water, and a snack each day (please no peanut products).

4, 3.5 hour sessions TOH \$141/NR \$188

July 2-6 (No class 7/4)

1721.700 M-F 9am-12:30pm

5, 3.5 hour sessions TOH \$175/NR \$233

July 30-August 3

1721.701 M-F 9am-12:30pm

Preschool Play Camp

Themed activities include arts and crafts, music, drama, games, and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, T-shirt, and weekly swim-n-splash day for the afternoon session. Children must be potty-trained. Parents will be asked to provide a snack for one day for each session enrolled. Camp is licensed through the State of Virginia Social Services Department, which requires we see your child's original or a certified copy of the birth certificate or passport.

Prior to the start of the program, the following forms need to be on file for your child to participate in the program: General Registration, Physical & Immunization Records, Authorization for Pick-up, and Camper Information Forms. Forms will be available online, or a paper version can be requested if you prefer.

SUMMER CAMPS



Camp Themes

June 25-July 6 **The Wild West**
July 9-20 **Rock Star**
July 23-August 3 **Tropical Fun**
August 6-10 **Playful Pirates**

Age 3-4
(Must be 3 years old by May 1, 2012)

9, 2.5 hour sessions TOH \$81/NR \$108

June 25-July 6 (No camp 7/4)
 1510.101 M-F 9:30am-12pm

10, 2.5 hour sessions TOH \$90/NR \$120

July 9-20
 1510.102 M-F 9:30am-12pm

July 23-August 3
 1510.103 M-F 9:30am-12pm

5, 2.5 hour sessions TOH \$45/NR \$60

August 6-10
 1510.104 M-F 9:30am-12pm

Age 4-5
(Must be 4 years old by May 1, 2012)

9, 2.5 hour sessions TOH \$81/NR \$108

June 25-July 6 (No camp 7/4)
 1510.201 M-F 1-3:30pm

10, 2.5 hour sessions TOH \$90/NR \$120

July 9-20
 1510.202 M-F 1-3:30pm

July 23-August 3
 1510.203 M-F 1-3:30pm

5, 2.5 hour sessions TOH \$45/NR \$60

August 6-10
 1510.204 M-F 1-3:30pm

Sport Camps

Sport camps meet at the Herndon Community Center, Bready Park Soccer Field. Basketball will meet at the outdoor basketball courts. Each day, bring a water bottle and snack (no peanut products).

Happy Feet Soccer

Fun games are adapted to incorporate a soccer ball and basic motor skills development. Kid-friendly curriculum is used to ensure children are having an absolute blast, while developing essential physical skills. Classes are non-competitive; and fun techniques are used to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 3-4
 5, 45 minute sessions TOH \$42/NR \$56

June 25-29
 1724.101 M-F 9-9:45am

July 16-20
 1724.102 M-F 9-9:45am

August 6-10
 1724.103 M-F 9-9:45am

Age 5-6
 5, 1 hour sessions TOH \$42/NR \$56

June 25-29
 1724.104 M-F 10-11am

July 16-20
 1724.105 M-F 10-11am

August 6-10
 1724.106 M-F 10-11am

Nova Legend Soccer Age 7-12

Don't miss an opportunity to continue development of fundamental soccer skills, including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer-related games using developing skills. Scrimmages and games will also continue to aid in the player's development. Bring a soccer ball labeled with child's first and last name.

5, 3 hour sessions TOH \$126/NR \$168

June 25-29
 1724.107 M-F 9am-12pm

Shooting Star Basketball Age 5-8

Your little star can shoot some points at our beginner-level outdoor camp, designed to promote the proper fundamentals, attitude and sportsmanship for young players. Fundamentals of dribbling, shooting, defense and team play will get your young player started in the right direction. Instruction provided by Amazing Athletes.

5, 2 hour sessions TOH \$90/NR \$120

August 6-10
 1723.201 M-F 9-11am

Sports Sampler

Enhance your child's hand-eye coordination, gross motor skills and confidence through a sampling of sports. They will play soccer, T-ball/baseball, kickball, golf, parachute games, and a lot of other fun games in-between. Emphasis will be on teamwork and good sportsmanship. Instruction provided by Amazing Athletes.

Age 3-4
 5, 45 minute sessions TOH \$48/NR \$60

July 9-13
 1799.101 M-F 9:30-10:15am

August 13-17
 1799.103 M-F 9:30-10:15am

Age 5-6
 5, 1.5 hour sessions TOH \$68/NR \$80

July 23-27
 1799.105 M-F 9-10:30am

Multi-Sports Age 7-10

Can't decide on what sport you might want to play, but are not ready for team play? Sample different sports so that you can finally make that decision. Sports include, but are not limited to: soccer, basketball, baseball/softball, and flag football. Instruction provided by Amazing Athletes.

5, 3 hour sessions TOH \$120/NR \$160

July 16-20
 1799.104 M-F 9am-12pm

Tennis Camps

Camps are held at the Bready Park Tennis Complex at the Herndon Community Center, Monday-Thursday, with Friday as a makeup day. Bring water bottle and a snack (no peanut products) each day. T-shirt included. Pee Wee camp participants are only required to bring their own mini-racquets. Other equipment provided. Instructor-student ratio is six to one. For ages 8-15, must provide own racquet and one can of new tennis balls. Instructor-student ratio is eight to one.

Age 4-5

One is never too young to learn the game of a lifetime sport. We will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques.

4, 30 minute sessions TOH \$32/NR \$43

June 25-28
 1721.202 M-Th 9:45-10:15am

July 9-12
 1721.203 M-Th 9:45-10:15am

July 16-19
 1721.204 M-Th 9:45-10:15am

July 23-26
 1721.205 M-Th 9:45-10:15am

July 30-August 2
 1721.206 M-Th 9:45-10:15am

August 6-9
 1721.207 M-Th 9:45-10:15am

SUMMER CAMPS



Age 6-7

June 25-28

1721.209 M-Th 10:15-10:45am

July 9-12

1721.210 M-Th 10:15-10:45am

July 16-19

1721.211 M-Th 10:15-10:45am

July 23-26

1721.212 M-Th 10:15-10:45am

July 30-August 2

1721.213 M-Th 10:15-10:45am

August 6-9

1721.214 M-Th 10:15-10:45am

Age 8-15

Designed for all levels, and taught by our highly trained instructors. Grouped by ability, each camp features comprehensive on- and off-court instruction, skill learning, games, and practice matches.

7, 2 hour sessions TOH \$67/NR \$89

June 25-July 5 (No camp 7/4)

1721.101 M-Th 8-10am

1721.102 M-Th 10:15am-12:15pm

8, 2 hour sessions TOH \$77/NR \$102

July 9-19

1721.103 M-Th 8-10am

July 23-August 2

1721.105 M-Th 8-10am

August 6-16

1721.107 M-Th 8-10am

July 9-19

1721.104 M-Th 10:15am-12:15pm

July 23-August 2

1721.106 M-Th 10:15am-12:15pm

August 6-16

1721.108 M-Th 10:15am-12:15pm

Gymnastics Camps Age 6-13

Missed the chance to take gymnastics during the school year or want to improve and stay on top of your skills? Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and small student-teacher ratio provide individualized and higher quality instruction. Participants may go swimming at the center's indoor pool. Camp staff will notify parents when to pack a swimsuit/towel. T-shirt included. Each day, bring a snack/drink (no peanut products).

Girls All Levels

9, 4 hour sessions TOH \$162/NR \$216

June 25-July 6 (No camp 7/4)

1722.101 M-F 10am-2pm

10, 4 hour sessions TOH \$180/NR \$240

July 9-20

1722.102 M-F 10am-2pm

July 23-August 3

1722.103 M-F 10am-2pm

August 6-17

1722.104 M-F 10am-2pm

Boys All Levels

9, 4 hour sessions TOH \$162/NR \$216

June 25-July 6 (No camp 7/4)

1722.105 M-F 10am-2pm

10, 4 hour sessions TOH \$180/NR \$240

July 9-20

1722.106 M-F 10am-2pm

July 23-August 3

1722.107 M-F 10am-2pm

August 6-17

1722.108 M-F 10am-2pm

Munchkateers Camp

An innovative program for children, combining fitness, elementary gymnastics, rhythms, and games that develop a child's large motor coordination skills, strength, flexibility, and imagination. Participants should be ready for group instruction.

5, 45 minute sessions TOH \$23/NR \$30

Munchkateers I Age 3-4

July 9-13

1712.101 M-F 9-9:45am

July 23-27

1712.102 M-F 9-9:45am

August 6-10

1712.103 M-F 9-9:45am

August 13-17

1712.104 M-F 9-9:45am

Munchkateers II Age 4-5

June 25-29

1712.105 M-F 9-9:45am

July 16-20

1712.106 M-F 9-9:45am

July 30-August 3

1712.107 M-F 9-9:45am

Acro/Gymnastic Camp Age 6-12

Learn the technique of jazz, hip-hop and tumbling choreographed together to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Qualified staff and small instructor-participant ratio provide individualized and quality instruction. Each day, bring a bathing suit, towel, lunch, snack and an old large T-shirt for crafts.

5, 6 hour sessions TOH \$135/NR \$180

August 20-24

1722.109 M-F 9am-3pm

Pre-Summer Preschool

Camp Age 3-5

The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus they will have a great time! Children should be ready for group instruction.

4, 3 hour sessions TOH \$54/NR \$72

June 12-15

1712.400 T-F 9am-12pm

1712.401 T-F 1-4pm

Storybook Dance Camps

Dance camps are a multi-art experience, with daily craft projects, stories and videos based around each theme. Costumed performances and a small dance party will be held for parents on the last day of each camp. Send snack/lunch daily (please no peanut products).

Dancing Princess Age 4-6

Your own princess will work on the fundamentals of ballet, tap and tumbling. Camp is based around classic princesses from the Ballet such as: Odette, Aurora and Clara, as well as the Disney princesses. We will begin teaching the fundamentals of healthy eating, and the girls will create craft items fit for a princess! Story time and dance movies will help prepare the young dancer to take on character and grace of a princess as they perform. Ballet slippers, tap shoes, leotard and tights required. Each Thursday morning, campers will attend the Farmers Market Fun Day children's performance (please send shorts/T-

SUMMER CAMPS



shirt/sneakers). Campers will also have the opportunity to swim at the community center's indoor pool (optional) twice each week. The Camp Director will notify parents in advance. 9, 5 hour sessions TOH \$203/NR \$270

July 2-July 13 (No camp 7/4)

1421.002 M-F 9am-2pm

Under the Sea Age 3-4

Themed around *The Little Mermaid*, your child will learn pre-ballet technique, work on coordination through basic tumbling, and prepare dances to musical numbers from Disney's *The Little Mermaid*. Our littlest mermaids will enjoy story time and create themed craft projects that are sure to exercise their imagination each day! Ballet slippers, leotard and tights required. Each Thursday morning, campers will attend the Farmers Market Fun Day children's performance (July 30-August 10 only, please send shorts/T-shirt/sneakers). Campers will also have the opportunity to swim at the community center's indoor pool (training pool 2 1/2 ft. - optional) twice each week. The Camp Director will notify parents in advance.

10, 4 hour sessions TOH \$180/NR \$240

June 18-June 29

1421.001 M-F 9am-1pm

July 30-August 10

1421.004 M-F 9am-1pm

Cinderella Age 5-8

Designed around the classic fairy tale Cinderella, your dancer will learn the basic techniques of ballet and tap, while improving coordination through tumbling. Daily art projects will provide stimulation and an outlet for developing imaginations. Ballet slippers, tap shoes, leotard and tights required. Campers will have the opportunity to swim at the community center's indoor pool (optional) twice each week. The Camp Director will notify parents in advance.

10, 6 hour sessions TOH \$270/NR \$360

August 13-24

1421.005 M-F 9am-3pm

Lion King Hip-Hop Acro Camp Age 5-8

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet and jazz,

while concentrating on modern moves through hip-hop and basic tumbling! This is a great camp to exercise imagination and theatrical character-building through movement as animals. Campers will spend their days in the animal kingdom and jungles they create. Themed crafts, stories and dance movies with emphasis on character creation will be part of their daily experience. Ballet slippers, jazz shoes, leotard, tights and shorts required. Each Thursday morning, campers will walk to the Farmers Market Fun Day children's performance (please send shorts/T-shirt/sneakers). Campers will also have the opportunity to swim at the community center's indoor pool (optional) twice each week. The Camp Director will notify parents in advance. 10, 6 hour sessions TOH \$270/NR \$360

July 16-27

1421.003 M-F 9am-3pm

Nature Explorers Camp

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, you will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun! Each day, campers should apply sunscreen and insect repellent prior to camp, wear closed-toe shoes, and bring a lunch, water bottle and a snack (please no peanut products). T-shirt included. Camp meets at Runnymede Park. The camp will be directed by Janet Feutz, with an all-new curriculum.

Age 4-6

5, 2 hour sessions TOH \$98/NR \$130

Where the Wild Things Are

July 9-13

1364.906 M-F 9-11am

Slimy, Stinky, and Strange

July 23-27

1364.907 M-F 9-11am

Little Naturalists

August 13-17

1364.903 M-F 9-11am

Age 7-9 (Includes field trip)

5, 6 hour sessions TOH \$131/NR \$175

Animal Grossology

June 25-29

1364.904 M-F 9am-3pm

Animal Architects

July 16-20

1364.908 M-F 9am-3pm

Wild in Virginia

August 6-10

1364.905 M-F 9am-3pm

Video Game Design

Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3-D Game Design, using award-winning Platinum Arts Sandbox. They will use basic 3-D modeling skills to create their very own video game. They will learn to customize game attributes and build their own virtual world from scratch. Students will acquire computer skills, mathematics, creativity and basic problem-solving skills. Specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more!

5, 2 hour sessions TOH \$190/NR \$253

Grade 1st-3rd

June 25-29

1520.401 M-F 10am-12pm

Grade 3rd-8th

July 16-20

1520.402 M-F 10am-12pm

Table Tennis Camp Age 5-13

Want to learn more about table tennis? This camp will focus on hand-eye coordination, ready position, and the basics in ping-pong grips and strokes. Participants will be divided into age groups, and a ping-pong machine will be used to reinforce the correct stroke. Please bring a snack (please no peanut products) and drink each day. Swimming will be provided throughout the week.

5, 3 hour sessions TOH \$135/NR \$180

August 6-10

1747.001 M-F 9am-12pm

August 13-17

1747.002 M-F 9am-12pm

SUMMER CAMPS



Engineering with LEGO®

Let your imagination run wild with over 100,000 pieces of LEGO®! In this fun-filled, creative class, participants learn building techniques that help make their ideas a reality, with the guidance of an experienced Play-Well TEKnologies instructor. Instructors demonstrate new projects daily, and provide inspiration for participants to take their creations further. Please bring a snack/drink each day.

5, 3 hour sessions TOH \$119/NR \$159

August 20-24

PRE-Engineering Age 5-6

Experience an introduction to the engineering with LEGOS®.

1520.501 M-F 9am-12pm

Engineering FUNDamentals

Age 7-11

Apply real world concepts in physics, engineering and architecture through projects designed by engineers.

1520.502 M-F 1-4pm

LEGO® Robotics

Powered by the LEGO® Education Wedo® Base Set and Software, our LEGO® Robotics program combines the exciting world of LEGO® to manipulate and program your own personal robot. Learn how to use the easy, but powerful, software to create commands with drag and drop programming by using our provided laptops.

5, 2 hour sessions TOH \$190/NR \$253

Grade K-2nd

This class is tailored for younger children to learn the basics of visual programming by creating commands with drag and drop simplicity.

August 6-10

1520.403 M-F 10am-12pm

Grade 3rd-8th

Powered by the LEGO® MINDSTORMS® Education NXT Base Set and Software, configure different sensors that track motion, light and touch to create the ultimate robot! Participants will work together as a team to create and program.

August 20-24

1520.404 M-F 10am-12pm

Teen Discovery Age 12-15

Teen Discovery allows teenagers to spend two full weeks with friends, while traveling to their favorite summer destinations. Each day promises a new adventure through field trips, games and activities. Bring a lunch, water bottle, bathing suit and towel daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip location. Detailed itineraries will be provided prior to each trip. There are different destinations each session. Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations.

Please attend the Parent Meeting on Wednesday, June 20, 7pm at the Herndon Community Center.

Session I: Kings Dominion, Ropes Course, Laser Tag

9, 7 hour sessions TOH \$225/NR \$300

June 25-July 6 (No camp 7/4)

1539.101 M-F 10am-5pm

Session II: Paintball, Beach, Water Park

10, 7 hour sessions TOH \$240/NR \$320

July 9-20

1539.102 M-F 10am-5pm

Session III: Kings Dominion, Rafting, Pottery

10, 7 hour sessions TOH \$240/NR \$320

July 23-August 3

1539.103 M-F 10am-5pm

Session IV: Horseback Riding, Zoo, Tubing

10, 7 hour sessions TOH \$240/NR \$320

August 6-17

1539.104 M-F 10am-5pm

Early Bird Hours

Need to get here earlier? Camp is open with supervision for registered campers only.

9, 1.5 hour sessions TOH \$24/NR \$32

June 25-July 6 (No camp 7/4)

1539.105 M-F 8:30-10am

10, 1.5 hour sessions TOH \$28/NR \$37

July 9-20

1539.106 M-F 8:30-10am

July 23-August 3

1539.107 M-F 8:30-10am

August 6-17

1539.108 M-F 8:30-10am

Lassie Corbett's Art Camps

Children's art camps are held at ArtSpace, 750 Center Street, Herndon, VA.

Drawing Age 5-6

This class will encourage creativity, as well as skill building. Students will learn to draw basic shapes, using simple animals and still life subjects. Simple shading and contour drawing included. The second session will cover the same skills but new subjects, so a child may attend one or two weeks.

5, 1 hour sessions TOH \$68/NR \$90

July 9-13

1141.018 M-F 10-11am

July 16-20

1141.020 M-F 10-11am

Drawing

Students will learn to draw basic shapes, experiment with "right brain" drawing activities, as well as learning simple perspective, shading and contour drawing. An important aspect of this class is learning to see. The second session will have different materials, so a child may attend either or both classes.

5, 1 hour sessions TOH \$68/NR \$90

Age 7-8

July 9-13

1141.021 M-F 11am-12pm

July 16-20

1141.023 M-F 11am-12pm

Age 9-13

5, 1.5 hour sessions TOH \$101/NR \$135

July 9-13

1141.024 M-F 1-2:30pm

July 16-20

1141.025 M-F 1-2:30pm

Fun with Art

Students are encouraged to experiment with a wide variety of materials, including paints, collage, simple printing and various drawing tools. Each day will be a new surprise. While some of the materials will be the same,



SUMMER CAMPS/ JUST FOR KIDS

the subjects are different. Returning students will continue to grow skills.

5, 1 hour sessions TOH \$68/NR \$90

Age 5-6

July 23-27

1141.012 M-F 10-11am

July 30-August 3

1141.013 M-F 10-11am

Age 7-8

July 23-27

1141.014 M-F 11am-12pm

July 30-August 3

1141.015 M-F 11am-12pm

Mixed Media Age 9-12

This class is similar to Fun with Art, but the subjects are age-appropriate. Children are encouraged to experiment with a wide variety of materials, including paints, collage, simple printing and various drawing tools. Each day will be a new surprise. While some of the materials will be the same, the subjects are different so returning students will continue to grow in skills.

5, 1.5 hour sessions TOH \$101/NR \$135

July 23-27

1141.027 M-F 1-2:30pm

July 30-August 3

1141.028 M-F 1-2:30pm

Pen and Ink Drawing and Watercolor Age 8-12

Landscape, flowers, and still life subjects will be drawn with pen and ink first, then finished with light washes of watercolor. Some experience with drawing is necessary.

5, 1.5 hour sessions TOH \$101/NR \$135

August 6-10

1141.029 M-F 3-4:30pm

August 13-17

1141.038 M-F 3-4:30pm

Drawing and Mixed Media

A special end of summer class to explore drawing combined with color and paint.

Age 6-8

5, 1 hour sessions TOH \$68/NR \$90

August 6-10

1141.050 M-F 11am-12pm

August 13-17

1141.051 M-F 11am-12pm

Age 9-12

5, 1.5 hour sessions TOH \$101/NR \$135

August 6-10

1141.052 M-F 1-2:30pm

August 13-17

1141.053 M-F 1-2:30pm

Art Rocks Age 3-12

The stage is set for rocking art. Rock the ground with your creativity. Combining fun with music and art, campers will make their favorite musical instrument, and a poster for their concert. Instruction provided by Abrakadoodle.

5, 3 hour sessions TOH \$105/NR \$140

Age 3-5

August 13-17

1121.016 M-F 9am-12pm

August 20-24

1121.019 M-F 9am-12pm

Age 6-12

August 13-17

1121.018 M-F 1-4pm

August 20-24

1121.017 M-F 1-4pm

Bead Creative Kids Age 5-13

Campers will learn basic jewelry-making skills and gradually advance with jewelry-making tools. Go to www.beadcreativekids.com to view lesson plan and sample projects.

5, 3 hour sessions TOH \$146/NR \$195

July 9-13

1121.020 M-F 9am-12pm

Kid's Night Out Age 5-11

Take the night off while your child has some fun with their friends! Children will enjoy a cheese pizza dinner, watch a movie, and participate in games and other activities! This is not a drop-in program. Participants must be registered by 4pm on the day of the event.

1, 3.5 hour session TOH \$15/NR \$15

July 20

1629.501 F 6:30-10pm

August 3

1629.502 F 6:30-10pm

Mad Science® Hands-On Workshops Age 6-12

Learn science in a new and interesting way! Science becomes fun with these interactive, hands-on experiments designed around different topics. Participants can become architects, create their own bubbling potions, or have some glow-in-the-dark excitement! Choose one or more of the topics below and get ready to become a "mad scientist!"

1, 1 hour session TOH \$42/NR \$42

Glow Show

July 7

1627.001 Sa 2-3pm

Super Structures

July 21

1627.002 Sa 2-3pm

Bubbling Potions

August 4

1627.003 Sa 2-3pm

Runnymede Rambles

Age 8 & up

Naturalist Peter Munroe will begin each ramble with a 20-minute talk followed by a walk in the park. Program is not suitable for young children. No registration required.

Meet at the picnic shelter near the entrance to the park.

Free Su 2pm

Avian Architecture

A study of bird nests of varying design. **May 20**

What's That Buzz in the Meadow?

Get to know some common insects that live in the park's meadow.

July 15

SPECIAL INTEREST/ ARTS & CRAFTS



Knitting 101 for Beginners and Beyond

Age 18 & up
Learn the basics of knitting cast-on, knit stitch, purl stitch, bind off, join pieces together, simple shaping and embellishments. Students will make several projects. A complete supply list will be provided before class begins.
7, 2 hour sessions TOH \$65/NR \$81
July 10-August 21
1645.030 T 10am-12pm

Hoopdance

Age 13 & up
Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour; and provides a great full-body workout, while encouraging creative movement and expression. Provide your own adult-sized hoop or purchase one from the instructor. Class held outside at Bruin Park.
8, 1 hour sessions TOH \$47/NR \$62
June 28-August 16
1850.100 Th 6:45-7:45pm

8, 1 hour sessions TOH \$47/NR \$62
July 1-August 19
1850.101 Su 2-3pm

Hoopring for Kids **New!**

Age 5-12
Hoopring for kids includes many of the basic moves of hooping, along with games and more hoop fun! Children can bring their own hoops, use one of the instructor's or hoops can be purchased from the instructor.
8, 1 hour sessions TOH \$47/NR \$62
July 1-August 19
1850.102 Su 1-2pm

Group Acoustic Guitar

Learn pop songs, folk songs and your favorite songs off the radio! Focus will be on introductory guitar techniques. You will learn how to read music, play chords, finger-picking patterns and the structure of songs. Must provide own instrument-classical or acoustic guitars, and will need to purchase assigned instruction book.

Youth Beginner Age 7-12
No experience necessary
8, 55 minute sessions TOH \$80/NR \$107
June 18-August 6
1421.055 M 5-5:55pm

Intermediate Age 7-12
8 weeks experience or instructor's approval
8, 55 minute sessions TOH \$80/NR \$107
June 18-August 6
1421.056 M 6-6:55pm

Adult Beginner Age 15 & up
8, 55 minute sessions TOH \$80/NR \$107
June 18-August 6
1421.058 M 7-7:55pm

Intermediate Age 15 & up
8 weeks experience or instructor's approval
8, 55 minute sessions TOH \$80/NR \$107
June 18-August 6
1421.050 M 8-8:55pm

Private Guitar Lessons

Age 7 & up
Private instruction will proceed at the student's pace. Call **703-435-6800 x2120** to arrange your lesson. The instructor will contact you to confirm a time and day, and then you may register for the class. Must purchase the guitar instruction book assigned by the instructor.
8, 45 minute sessions TOH \$216/NR \$288
1421.051

Lassie Corbett's Art Classes

Held at Herndon Community Center. No senior discounts for these classes.

Explorations in Watercolor

Age 16 & up
Painting water and vacation spots will be the subject matter for the summer. Get your beach scenes or favorite mountain or countryside photos and sketches out and ready to paint. There will be special emphasis on glowing light and strong values.
6, 2 hour sessions TOH \$104/NR \$138
June 21-August 9
1141.009 Th 7-9pm

Drawing for Pleasure

Age 12 & up
A variety of skills, including many little tricks which help with drawing accurately, will be covered during this challenging class. We will learn to do measurements and simple perspective, and look for values and underlying basic shapes. There will be an emphasis on learning to really see, rather than just "look" at a subject.
6, 2 hour sessions TOH \$104/NR \$138
July 12-August 16
1141.010 T 5-7pm

Art in Hand Tots

Age 18 months-3 years
Make a colorful splash this summer! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction, inspired by the colors, textures, and sensations of the sea and shore.
8, 45 minute sessions TOH \$108/NR \$144
Age 18 months-3 years
Parents are required to attend each class with child
June 15-August 3
1121.014 F 10:15-11am

Tots and Preschoolers Age 2-6 years
Parents are required to attend each class with children age 3 and under, and are encouraged to attend for all ages.
June 15-August 3
1121.015 F 11:15am-12pm

Herndon Parks

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Oct.-May, soccer field and a play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and volleyball courts, and a play area.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. The park offers excellent opportunities for hiking, bird-watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling **703-435-6800 x2134** or the Town Community Forester at **703-435-6800 x2014**.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call **703-435-6800 x2014**.

Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court and an open play area. Shelter is available for reservations. Visit www.herndon-va.gov for a map of parks.

Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering. Call **703-787-7300** for more information.

Trailside/Runnymede Park parties up to 70:

Town of Herndon Resident:

Civic Group - \$40 Private - \$50

Non-Resident:

Civic Group - \$60 Private - \$75
\$20 nonrefundable deposit

Bready Park parties up to 140:

Town of Herndon Resident:

Civic Group - \$75 Private - \$100

Non-Resident:

Civic Group - \$120 Private - \$150
\$35 nonrefundable deposit

- Parks are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)

NatureFest
September 16, 1-5pm

Celebrate nature at Runnymede Park! Explore nature and learn as you talk with our nature experts!

Grab your passport to Runnymede Park and get stamped at each station to receive a treat at the end with your completed passport. Enjoy twelve stations, which lead you through the park that include hands on activities, educational events, wildlife visitors and crafts.

See page 20 for more information.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or Town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-Town of Herndon residents (NR) are people living outside the town of Herndon limits.
- Town Residents **may not** register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: www.herndon-va.gov, and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on May 8.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, May 2. Open registration for Non-TOH residents will begin at 10am on Tuesday, May 8.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on May 2 for TOH residents, and 10am on May 8 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at www.herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **(NOL)** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, May 2 for TOH residents; and 10am, May 8 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the town of Herndon.



Registration is Easy!

Registration for Town of Herrndon Residents begins on **Wednesday, May 2** at 10am at the HCC.
 Registration for Non-Town of Herrndon Residents begins on **Tuesday, May 8** at 10am at the HCC.

PHONE: 703-787-7300
FAX: 703-318-8652

Summer 2012 Herrndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ HOME PHONE _____

WORK PHONE _____ EMAIL _____

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herrndon limits
 NR = people living outside the Town of Herrndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7/1/99	M/F	0000,000	Level 4	\$68	0000,000	0000,000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERRNDON
 All returned checks are subject to a \$35 fee

MAIL TO:
 Herrndon Parks and Recreation
 P.O. Box 427, Herrndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? YES NO
 REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days; refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herrndon, or if class is canceled by Herrndon Parks and Recreation.

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____
OFFICE USE - Processed by: _____
 Payment Method C CK CC LC
 AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:
 VISA Mastercard American Express Discover
 CREDIT CARD # _____ EXP. DATE _____
 PRINT NAME OF CARD HOLDER _____
 SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herrndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herrndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____
 SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



**Town of Herndon
Parks and Recreation**
P.O. Box 427
Herndon, VA 20172
www.herndon-va.gov

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Free Admission!

Festival Hours
Thursday, 6-10 pm
Friday, 5-11pm
Saturday, 10am-11pm
Sunday, 11am-6pm

32nd Annual Herndon Festival
Historic Downtown Herndon
May 31–June 3, 2012

A great event for all ages

- Three Stages of FREE Entertainment
- Carnival
- Fireworks - Thurs. & Sat.
- Children's Hands-On Art Area
- Arts & Crafts Vendors
- Business Expo
- 10K/5K Races & Fitness Expo

Featured Entertainment



Thursday
Chopteeth



Melodime



Friday
42: Coldplay Tribute



Trio Caliente and Friends



Saturday
Brass Transit



Locksley



Sunday
Delta Ray



Red Molly

703-787-7300 www.herndonfestival.net or like us on Facebook
Take advantage of our free shuttle bus service. Parking and bus stops at Worldgate Centre and Herndon High School. Produced by Herndon Parks & Recreation Department

PLEASE THANK OUR SPONSORS

TITLE	PLATINUM	GOLD	

COPPER: Wiygul Automotive Clinic • Dominion • Stuart Woods Apartments • Apt Orthodontics • Whole Foods Market Reston
FRIENDS OF THE FESTIVAL: Dulles Montessori School • Gymboree • BB&T • Great Clips of Herndon